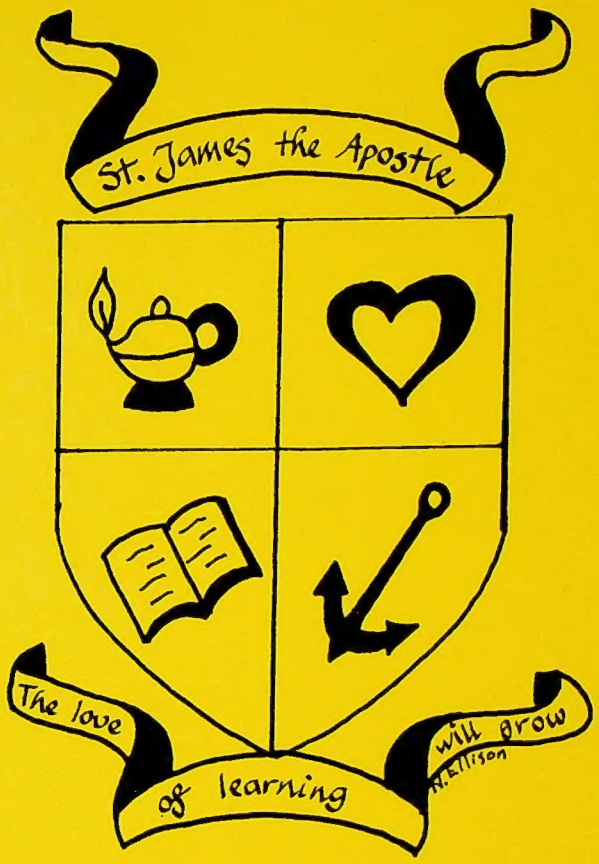
WHAT'S COOKING



at ST. JAMES?

Stoney Creek, Ontario

The parent's council of St. James The Apostle wish to express our sincere thanks to all those who assisted in making this cookbook possible. Special thanks to Nancy Ellison for co-ordinating the artwork.

Parent Council

Irene Baran
Susan Bell
Stan Byroziak
Debbie Carty
Phyllis Cosby
Sue DiCroce
Josie DiMarino
Kathy Donn
Paula Forbes
Mary Gillen
Pat Ordowich
Remo Presiutti
Gary Simms
Angela Santucci
Nancy Stark
Carlo Torti
Bob Wintonyk
Stella Whyte

ST. JAMES THE APOSTLE SCHOOL
Stoney Creek, Ontario

April, 1990

This cookbook was typed, printed and bound by –

L. Rasmussen Co. Ltd.

"The Cookbook Printer"

Mailing Address: 18 Brunlea Key, Winnipeg, Manitoba, Canada R2G 2H4

Telephone: (Area Code: 204) 632-1483

Our printing plant is located at 1640 Church Avenue, Winnipeg

Contents

Appetizers & Beverages 1

Salads & Dressings, Soups & Sauces 13

Vegetables 19

Main Dishes 27

Breads 45

Desserts 55

Staff 87

Index 99

(ID#2189)

My Favourite Recipes

Name of Recipe	Page Number

CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism
He learns to condemn.

If a child lives with hostility
He learns to fight.

If a child lives with ridicule
He learns to be shy.

If a child lives with shame
He learns to feel guilty.

If a child lives with tolerance
He learns to be patient.

If a child lives with encouragement
He learns confidence.

If a child lives with praise
He learns to appreciate.

If a child lives with fairness
He learns justice.

If a child lives with security
He learns to have faith.

If a child lives with approval
He learns to like himself.

If a child lives with acceptance and friendship
He learns to have love with the World.

TEN COMMANDMENTS OF HUMAN RELATIONS

1. SPEAK TO PEOPLE — there is nothing so nice as a cheerful word of greeting.

2. SMILE AT PEOPLE — it takes 72 muscles to frown, only 14 to smile.

3. CALL PEOPLE — the sweetest music to anyone's ears is the sound of his own name.

4. BE FRIENDLY and helpful, if you would have friends, be a friend.

5. BE CORDIAL — speak and act as if everything you do is a genuine pleasure.

6. BE GENUINELY interested in people — you can like almost everybody if you try.

7. BE GENEROUS with praise — cautious with criticism.

8. BE CONSIDERATE with the feelings of others — there are usually three sides to a controversy: yours, the other fellow's, and the right side.

9. BE ALERT to give service — what counts most in life is what we do for others.

10. ADD TO THIS a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

FOOD EQUIVALENTS

Bread and Crackers
Bread, one slice = ½ to ¾ cup soft crumbs
one slice = ¼ to ⅓ cup dry crumbs
Soda crackers, 1 lb. = 2 cups crushed
24 to 28 squares = 1 cup crushed
Graham crackers, 1 lb. = 6 cups crushed
14 squares = 1 cup crushed
Vanilla wafers, 22 to 24 = 1 cup crushed

Cereals, Pasta and Starches
Macaroni, spaghetti or noodles, 1 lb. raw = 6 to 8 cups cooked
Rice, 1 cup raw = 3 to 4 cups cooked
Rolled oats, 1 cup raw = 1¾ cups cooked

Dairy Products
Butter, 1 lb. = 2 cups
1 stick = ½ cup
Cheese, Cheddar or Swiss, 1 lb. = 4 cups shredded
Parmesan or Romano, 1 lb. = 5⅔ cups grated
Cottage cheese, 1 lb. = 2 cups
Whipping cream, 1 cup = 2 cups whipped

Eggs
8 to 10 egg whites = 1 cup
12 to 13 egg yolks = 1 cup
5 to 6 whole eggs = 1 cup
Hard cooked, chopped, 1 dozen = 3½ cups

Fats
Butter or margarine, 1 lb. = 2 cups
Shortening, 1 lb. = 2⅓ cups

Fish
Salmon or tuna, 7 oz. can = 1 cup

Flours
Flour, all-purpose, 1 lb. = 4 cups
cake and pastry, 1 lb. = 4½ cups
whole wheat, 1 lb. = 3¾ cups

Fruit, Dried
Dates, 1 lb. = 2 to 2½ cups chopped and pitted
Raisins, 1 lb. = 2½ to 3 cups
Fruits, glace, 8 oz. = ¾ to 1 cup

Fruit, Fresh
Apple, 1 medium = 1 cup sliced or chopped
Bananas, 1 lb. (3 medium) = 1¼ cups mashed
Lemon, 1 medium = 2 to 3 tbsp. juice
= 1 to 2 tsp. rind
Orange, 1 medium = ⅓ to ½ cup juice
= 1 to 2 tbsp. rind

Meat and Poultry
1 lb. ground (raw) = 2 cups
1 lb. ground (cooked) = 3 cups
1 lb. cooked, diced = 3 cups

Miscellaneous
Cocoa, 1 lb. = 4 cups
Coconut, shredded, 4 oz. = 2 to 2⅓ cups
flaked, 4 oz. = 2 cups
Sugar, granulated, 1 lb. = 2¼ cups
brown, 1 lb. = 2¼ cups packed
icing, 1 lb. = 4 to 4½ cups
Yeast, 1 pkg. = 1 tbsp.

Nuts
Unshelled nuts, 1 lb. = 8 oz. nuts, shelled
Almonds, 1 lb. = ¾ to 1 cup chopped
Pecans, 1 lb. = 3¾ cups chopped
Walnuts, 1 lb. = 3¾ cups chopped

Vegetables
Carrots, 1 lb. (4-5 medium) = 4 cups shredded or diced
Celery, 1 lb. (1 large bunch) = 4 cups diced
Onion, 1 medium = ½ cup chopped
Tomatoes, 1 lb. = 3 to 4 medium

METRIC IN THE KITCHEN

CONVERTING TO METRIC

To change	To	Multiply by
teaspoons (tsp.)	millilitres (mL)	5
tablespoons (tbsp.)	millilitres (mL)	15
fluid ounces (fl. oz.)	millilitres (mL)	28
cups (c.)	litres (L)	0.24
pints (pt.)	litres (L)	0.47
quarts (qt.)	litres (L)	0.95
gallons (gal.)	litres (L)	3.8
dry ounces (oz.)	grams (g)	28
pounds	kilograms (kg)	0.45
inches (in.)	centimetres (cm)	2.54

APPROXIMATE METRIC CONVERSIONS

Spoons & Cups	Equivalent	Approximate Conversion
⅛ tsp.		0.5 mL
¼ tsp.		1 mL
½ tsp.		2 mL
1 tsp.		5 mL
1 tbsp.	3 tsp.	15 mL
1 coffee measure		25 mL
2 tbsp.	1 fl. oz.	30 mL
¼ c.	4 tbsp. = 2 fl. oz.	50 mL
⅓ c.	5 tbsp. plus 1 tsp.	80 mL
½ c.	8 tbsp. = 4 fl. oz.	125 mL
⅔ c.	10 tbsp. plus 2 tsp.	160 mL
¾ c.	12 tbsp. = 6 fl. oz.	180 mL
1 c.	16 tbsp. = 8 fl. oz. = ½ pt.	250 mL
1 pt.	2 c. = 16 fl. oz.	500 mL
1 qt.	4 c. = 32 fl. oz.	1000 mL = (1 L)

DRY WEIGHT

Weight	Equivalent	Approximate Conversion
1 oz.		30 g
3 oz.		85 g
4 oz.	¼ lb.	115 g
5 oz.		140 g
⅓ lb.		150 g
½ lb.	8 oz.	225 g
¾ lb.	12 oz.	350 g
1 lb.	16 oz.	450 g
2 lb.	32 oz.	900 g
2.2 lb.		1000 g = 1 kg

OVEN TEMPERATURES

Fahrenheit	Oven	Celcius
200°	warming oven	100°
250°	very slow	120°
275°		140°
300°	slow	150°
325°		160°
350°	moderate	180°
375°		190°
400°	hot	200°
425°		220°
450°	very hot	230°
475°		240°
500°	extremely hot	260°
525°		270°

Appetizers & Beverages

By: Kiley Elliott

COOKING TERMS

Bake — To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

Baste — To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

Beat — To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or a rotary motion using an egg beater or electric mixer.

Blanch — To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

Blend — To combine two or more ingredients thoroughly.

Boil — To heat a liquid until bubbles continuously break on the surface.

Braise — To cook slowly in a small amount of liquid in a covered pan.

Bread — To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

Broil — To cook by direct heat, under a broiler or over hot coals.

Caramelize — To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

Chop — To cut food into small pieces with a knife.

Clarify — To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

Coat — To cover food evenly with flour, crumbs or batter.

Coddle — To cook food slowly in water just below the boiling point.

Compote — Fruit stewed or cooked in syrup, usually served as a dessert.

Cool — To let food stand at room temperature until it is no longer warm to the touch.

Cream — To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

Cube — To cut a solid food into cubes of about ½ inch or more.

Cut in — To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two knives or a pastry blender.

Dice — To make small cubes of ⅛ to ¼ inch.

Dredge — To cover or coat food with flour or a similar fine, dry substance.

Dust — To sprinkle lightly with flour or sugar.

Fillet — A piece of meat, poultry or fish without bones.

Flake — To break food into small pieces, usually with a fork.

Flute — To make decorative indentations around edge of pastries, fruits or vegetables.

Fold — To combine two ingredients. Using a spoon or rubber spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

Fry — To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

Glaze — To coat with a smooth mixture to give food a glossy appearance.

Grate — To rub food against a grater to form small particles.

Grill — To cook on a rack over hot coals or other direct heat.

Grind — To reduce to particles in a grinder, blender or food processor.

Julienne — To cut meat, vegetables or fruit into long matchlike strips.

Knead — To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate ¼ turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

Marinate — To let food stand in a seasoned sauce called a **marinade** to tenderize and increase flavor.

Mince — To cut or chop into very small pieces, but smaller than diced.

Mix — To combine ingredients until evenly distributed.

Panbroil — To cook uncovered on a hot surface removing fat as it accumulates.

Parboil — To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

Pare — To remove outer covering of fruit or vegetable with a knife.

Peel — To strip off or pull away outer covering of fruit or vegetable.

Poach — To cook slowly in simmering liquid such as water or milk.

Purée — To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

Reduce — To rapidly boil down the volume of a liquid to concentrate flavor.

Roast — To cook meat in an uncovered pan by dry heat in an oven.

Sauté — To brown or cook in a small amount of fat (see **fry**).

Scald — To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **blanch**).

Score — To make shallow slits into the surface of a food in a diamond or rectangular pattern.

Sear — To brown and seal surface of meat quickly with intense heat.

Shred — To cut into long, thin strips with a knife or shredder.

Simmer — To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

Sliver — To cut into long thin pieces with a knife; e.g. almonds, or pimiento.

Steam — To cook in a covered container above boiling water.

Steep — To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

Stew — To simmer slowly in liquid deep enough to cover.

Stir — To mix ingredients in a circular motion until blended with uniform consistency.

Stir fry — To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

Toast — To brown with dry heat in an oven or toaster.

Whip — To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and increase volume.

APPETIZERS & BEVERAGES

VERSE

We may live without poetry, music and art;
We may live without conscience and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks!

CRABMEAT SPREAD

Ann Simms

2 cans crabmeat
1 cup seafood sauce
8 oz. cream cheese

Squeeze out juice of crab; let drain until dry and crumble. Add seafood sauce; stir. Spread cheese thinly on serving plate. Top cheese with crab/sauce mixture. Serve with a variety of toasts and crackers.

CRABBY STELLA'S SEAFOOD SPREAD

Stella Collins

8 oz. pkg. cream cheese
6 oz. canned crabmeat
8 oz. seafood sauce

Spread cream cheese in 4x8-inch dish. Drain crabmeat; spread on cream cheese. Spread seafood sauce on crabmeat to desired thickness. Chill in refrigerator. Serve with crackers.

CRAB DIP

Robin McNaughton

1 can crabmeat
1 (4 oz.) pkg. cream cheese
1/4 cup chopped onion
1 cup mayonnaise
Dash Worcestershire sauce
Dash Tabasco sauce
Salt
Pepper

Mix all ingredients together when cheese is softened. Bake in an oven set at 350°F for 30 minutes. Serve with your favourite crackers.

Everything has its beauty but not everybody sees it.

CRABMEAT CRACKER DIP

Chris Bland

4 oz. cream cheese
1 (6 oz.) tin crabmeat
2 Tbsp. mayonnaise
1 Tbsp. ketchup
1 tsp. prepared mustard
1 tsp. minced onion
Dash garlic
1/2 cup chopped celery

Soften cream cheese; add remaining ingredients. Mix well. Serve with crackers.

SALMON SPREAD

Anne Davis

1 tin salmon, boneless & skinless
1 (8 oz.) pkg. Philadelphia cream cheese
1 Tbsp. horseradish
1 Tbsp. lemon juice

Soften cream cheese for 30 seconds in microwave or leave out of fridge for awhile. Mix all ingredients. Refrigerate 2 hours. Serve with biscuits (vegetable, onion, whatever). Great appetizer!

SHRIMP DIP

Mary Contardi

1/2 tin tomato soup (don't mix)
1 (8 oz.) pkg. cream cheese
1/2 cup chopped celery & green onion
1 pkg. unflavoured gelatin, dissolved in 1/2 cup water
1/2 cup mayonnaise
1 tin/pkg. shrimp, drained & mashed

Heat tomato soup over low heat. Melt cheese in soup. Remove from heat; add dissolved gelatin. Mix in green onions, celery, mayonnaise and shrimp. Pour into lightly oiled mold. Refrigerate at least 3 hours or until set. Great with crackers.

SHRIMP DIP

Susan Brown

1 can broken shrimp
1/2 cup tomato soup
1/4 cup chopped onion
1/4 cup chopped celery
1/2 cup mayonnaise
8 oz. cream cheese
1 pkg. gelatin

Mix together well all ingredients except gelatin. In separate bowl, dissolve gelatin with just enough water to make a liquid. Add gelatin liquid to shrimp combo and pour into mould. Set overnight. Serve with crackers. Delicious!

SHRIMP DIP

Janie Rozenberg

8 oz. Philadelphia cream cheese
1 can tomato soup, undiluted
1 cup celery, chopped fine
1/2 cup onion, chopped fine
1 cup Miracle Whip dressing
1 can small shrimp, drained & rinsed
1 envelope gelatin
1/2 cup cold water

Bring soup to boil; remove from heat. Add cheese (room temperature); beat 1 minute with mixer. Add 1/2 cup cold water to gelatin; mix well. Add to soup and cheese mixture. Add remaining ingredients; mix well. Pour in molds. Let stand 2 to 3 hours in fridge.

FRUIT DIP

Debbie Carty

1 cup plain yogurt
3 Tbsp. icing sugar
1/2 tsp. grated orange peel

Combine all ingredients. This makes a great dip for any fruit. Makes 1 cup.

The person who rows the boat
doesn't have time to rock it.

SPINACH DIP IN PUMPERNICKEL BREAD

Carol Keegan

1 pkg. Knorr vegetable soup mix
1 pkg. frozen chopped spinach
1 1/2 cups sour cream
1/2 cup mayonnaise
1 large round pumpernickel bread

Mix the sour cream, soup mix and mayonnaise; set aside in fridge for 2 hours. Defrost spinach and squeeze out some of water; add to sour cream mixture. Cut top off pumpernickel bread. Dig out loaf with your fingers, making bite-size pieces to arrange around the loaf for dipping. Put some of the dip in a bowl the size of the hole and refill as necessary.

SPINACH DIP

Miriam Vanderwal

10 oz. frozen spinach
1 cup mayonnaise
1 cup sour cream
1 pkg. Knorr vegetable soup
1 large round Italian bread

Squeeze out water from spinach; chop fine. Add rest of the ingredients; mix well. Refrigerate 2 to 3 hours. Cut hollow in bread. When ready to serve, place dip in center of loaf. Use bread cubes to dip.

TACO DIP

Darlene Friday

1 (500 mL) creamed cottage cheese
1 "Taco Joe" mix
1 1/2 cups mayonnaise
4 drops Tabasco

Mix ingredients in 9x13-inch serving dish. Layer on top of mixture chopped lettuce, then chopped tomato, then chopped green onions and then shredded cheddar cheese. Pack lightly. Cover and refrigerate until served. Make the same day as serving. Serve with taco chips.

TORTILLA DIP

Chris Bland

1 large bag tortilla chips
1 (250 mL) container sour cream
1 jar salsa dipping sauce
1 bunch fresh green onions, diced
1/2 lb. sharp cheddar cheese, grated

In a shallow serving dish, spread salsa. Spread sour cream over the salsa. Sprinkle onion over the sour cream. Sprinkle cheese over the onion. Serve with tortilla chips.

VEGETABLE DIP

Debbie Carty

1 can corned beef
1 large sour cream
2 Tbsp. ketchup
2 Tbsp. mustard
2 Tbsp. green relish

Mix all ingredients together and serve with fresh vegetables.

VEGETABLE DIP

Sue Aitken

2/3 cup mayonnaise
2/3 cup sour cream
1 Tbsp. parsley
1 Tbsp. green onion
1 tsp. dill weed, Accent, celery seed, onion salt & onion powder

Mix all together.

When you begin to coast you know you're on the downgrade.

GRANNY B'S BEST VEGETABLE DIP

Susan Blacklock

One of the best dips going! Get the fresh vegetables ready.

8 oz. (250 g) cream cheese, softened
1/2 cup (125 mL) corn syrup, light or dark
1/2 cup (125 mL) granulated sugar
1 cup (250 mL) salad oil
1/4 cup (50 mL) vinegar
1/4 cup (50 mL) minced onion flakes or use 3 times as much minced fresh onion
1 Tbsp. (15 mL) lemon juice
1 tsp. (5 mL) dry mustard powder
1 tsp. (5 mL) celery seed
1/2 tsp. (2 mL) salt
1/4 tsp. (1 mL) paprika

Put cream cheese, syrup and sugar into mixing bowl. Dark syrup adds a bit more colour to finished product. Beat well. Add salad oil; mix. Add remaining ingredients. Beat until blended; chill. Serve with assorted raw vegetables - mushrooms, broccoli, green pepper strips, cauliflower, celery, green or yellow beans. Makes 3 cups.

A sweeter than usual vegetable dip.

VEGETABLE & CHIP DIP

Irene Baran

1 cup sour cream
1 cup real mayonnaise
1 tsp. dry parsley
1/2 tsp. dry dill weed
1/2 tsp. Beau Monde (Denniger's bulk food stores)
1 tsp. dry chives
1/2 tsp. garlic powder
Few drops tabasco sauce
1 tsp. Accent

Mix thoroughly and chill well to blend flavours.

PINEAPPLE CHEESE BALL

Karen Taylor

2 (8 oz.) pkg. cream cheese
1 (8 1/2 oz.) can crushed pineapple, drained
2 cups chopped pecans
1/4 cup chopped green pepper
2 Tbsp. finely chopped onion
1 Tbsp. seasoned salt

Beat cream cheese until smooth. Gradually stir in rest of ingredients, only 1 cup pecans. Shape into a ball. Roll in remaining cup of nuts. Wrap in foil and refrigerate.

Can be reshaped and also frozen.

CRUNCHY APPETIZER BALLS

Miriam Vanderwal

2 cups mashed potatoes
2 cups chopped ham
1 cup shredded cheese
1/2 cup Miracle salad dressing
1/4 cup chopped onion
2 eggs, beaten
1 tsp. mustard
1/2 tsp. salt
1/4 tsp. pepper
3 1/2 cups crushed corn flakes

Combine all first 9 ingredients into bowl. Mix together. Shape into balls. Now roll in flakes. Place on greased cookie sheet. Bake at 350°F for 30 minutes. Makes approximately 6 dozen.

CHICKEN CHEESE RING

Terri Zannoni

1 (250 g) pkg. cream cheese, softened
3 cups grated cheddar cheese
1/4 cup sour cream
1/4 cup chopped green onion
1 can Maple Leaf Flakes of Chicken, drained & flaked with a fork
Dash Worcestershire sauce
Dash Tabasco sauce

Blend all ingredients together. Form into a ring about 2 inches wide on a serving plate. Cover and chill until serving time. Garnish with snipped parsley, paprika or chopped nuts. Accompany cheese ring with crackers.

WINE & CHEESE BALL

Darlene Walczak

1 (8 oz.) pkg. cream cheese, softened
1/2 cup dairy sour cream
1/4 cup butter
1 Tbsp. snipped parsley
1/3 cup finely chopped nuts
2 cups shredded sharp cheddar cheese
1 Tbsp. finely chopped green onion
1/3 cup dry white wine

In a bowl, soften cheeses until nearly smooth. Gradually beat in wine. Add onion and parsley; chill. Shape into a ball. Coat with nuts. Serve with fancy crackers.

SPINACH CHEESE COCKTAIL

Paula Forbes

2 Tbsp. butter
2 eggs
1/2 cup flour
1/2 cup milk
1/2 tsp. salt
1/2 tsp. baking powder
1/2 tsp. Dijon mustard
Dash cayenne mustard
1/4 cup chives, chopped
1/2 lb. grated Edam cheese
1 pkg. frozen chopped spinach, thawed & well drained

Preheat oven to 350°F. Melt butter in oven. In large bowl, beat eggs; add flour, milk, baking powder, salt and cayenne. Blend well. Fold in cheese, spinach and flour into pan on top of butter. Bake 35 minutes or until almost set in center. Allow to sit for 15 minutes. Serve warm.

Can be frozen and reheated at 350°F for 15 to 20 minutes.

CHEESE TRISCUITS

Anne Ferris

A favourite hors d'oeuvre; watch out! They are hot!

2 cups grated cheddar cheese
1/4 cup Unico pickled peppers, cleaned & diced
3 eggs
1/4 cup milk
Box of Triscuit crackers

Beat eggs with milk. Add remaining ingredients. Pour into 8x8-inch pan sprayed with Pam. Bake at 375°F for 25 minutes. Cut into squares and place on Triscuits. Serve immediately.

CREAM CHEESE-STUFFED MUSHROOMS

Cathy McCormack

8 oz. fresh mushrooms
1 (3 oz.) pkg. cream cheese, room temperature
2 Tbsp. grated Parmesan cheese
1/8 tsp. garlic salt

Preheat oven to 350°F (175°C). Clean and trim mushrooms; remove stems. Combine cream cheese, Parmesan cheese and garlic salt in small bowl until smooth. Spoon mixture into each mushroom, slightly rounding tops. Place stuffed mushrooms in ovenproof dish. Bake 20 minutes or until warm. Makes 6 servings.

Mind unemployed is mind unenjoyed.

SABLE'S STUFFED MUSHROOMS

Susan Blacklock

One of the best. Hold in refrigerator until ready to broil.

24 mushrooms, medium-large
3 Tbsp. (50 mL) butter
1 cup (250 mL) finely chopped onion
1/4 lb. (115 g) ground beef
2 Tbsp. (30 mL) finely chopped celery
Mushroom stems, finely chopped
1/4 cup (50 mL) ketchup
1/4 cup (50 mL) dry breadcrumbs
1 tsp. (5 mL) garlic powder
1/2 tsp. (2 mL) salt
1/2 tsp. (2 mL) pepper
1/4 cup (50 mL) grated Parmesan cheese
1/2 cup (125 mL) grated mozzarella cheese, optional

Remove stems from mushrooms with a gentle twist. Reserve. Melt butter in frying pan; add onion, ground beef and celery. Fry until onions are clear and soft and beef is nicely browned. Add next 6 ingredients; stir well. Remove from heat. Stuff mushroom caps. Arrange on baking sheet. Sprinkle with Parmesan cheese, then with mozzarella, if you wish. Place on second rack from broiler. Broil for about 5 minutes, until heated through. Serve hot. Makes 24.

Note: If using small mushrooms, omit mozzarella or place only a few shreds on each cap, otherwise it will topple off.

POTATO SKINS

Karen Taylor

Potatoes
Bacon, cooked & crumbled
Cheddar cheese
Melted butter
Sour cream

Slice baked potatoes lengthwise in half, and if they are extra large, in half again. Scoop out most of the potato, leaving 1/8-inch in the skin. Brush potato inside and out with butter. Place on a cookie sheet. Bake at 500°F for 12 minutes or till crisp. Remove and sprinkle with cheese, butter and bacon, salt and pepper to taste. Return to the oven until cheese melts.

Green onions or ham can also be used. Serve with sour cream.

PITA ROLLS

Marg Mandula

1 pkg. pita bread
1 tub any variety cream cheese
1/2 lb. deli roast beef
4 to 5 leaves romaine lettuce

Carefully slice open each pita bread, so that there is one layer of pita per slice. Spread the bread with a coating of the cream cheese, making sure there is a generous amount at the end of the pita. Add 1 slice of beef and 1 piece of lettuce. Start rolling pita roll and end with a good seal of cream cheese to the pita roll. Wrap with plastic wrap and chill. Before serving, cut off ends and discard. Cut into slices and serve.

WINE PUNCH

Miriam Vanderwal

1 bottle red table wine
1 large (48 oz.) can apple juice
1 cup sugar
1 Tbsp. lemon juice
2 bottles gingerale
1 to 2 lemons
1 to 2 oranges

Pour the first 5 ingredients into large container or punch bowl. Mix around. Then cut up lemons and oranges into slices and add. Make large ice cubes and add.

SLUSH

Josie DiMarino

7 cups water
2 cups sugar
2 cups water
4 tea bags
1 (12 oz.) can frozen pink lemonade
1 (12 oz.) can frozen orange juice
2 1/2 cups rum or vodka
Gingerale or Wink

Boil 7 cups water; add sugar and stir well. Separately boil 2 cups water; add tea bags. Let sit 5 to 10 minutes to cool. In extra large container, mix both mixtures together well. Add both cans of juice; mix well. Add vodka or rum. Cool completely. Place container in freezer. To serve, spoon slush into a tall glass and top off with gingerale or Wink.

Education is not received; it is achieved.

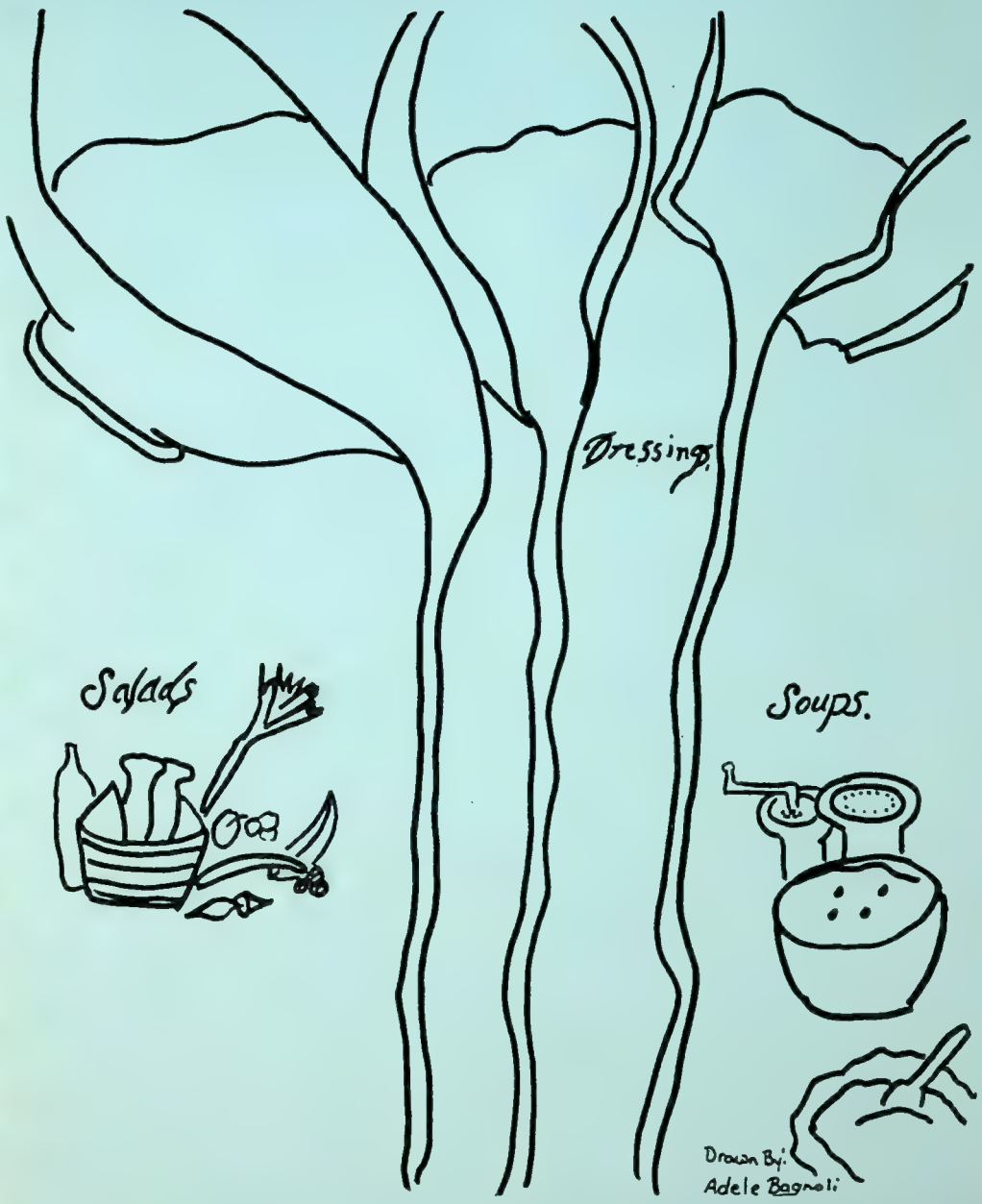
LEMON DRINK

Susan Bell

Rind & juice of 4 lemons & 3 oranges, grate rind very finely & then juice
2 oz. citric acid
1 oz. tartaric acid
5 lb. sugar
3 pt. boiling water

Mix together well. Strain into bottles. Mix with water to suit taste.

EXTRA RECIPES


Dressings.
Salads
Soups.
Drawn By:
Adele Bagnoli

FOOD QUANTITIES TO SERVE 50 PEOPLE

	Serving Portion	Amount for 50 People*
Beverages		
Cocoa, mixed	¼ cup	40 cups
unsweetened powder		½ lb.
Coffee	¾ cup	1½ lb.
Punch	½ cup	25 cups
Tea	¾ cup	½ lb.
Bread and Crackers		
Bread	1 slice	4 loaves
Rolls	1 roll	5 doz.
Crackers (soda)	2 crackers	1½-2 lb.
Cereals		
Rice	½ cup	3-4 lb.
Macaroni, noodles, spaghetti	½ cup	4½-5 lb.
Dairy Products		
Butter, for table	1 tbsp.	1-1½ lb.
for vegetables	½ tsp.	¾ lb.
Cheddar cheese	1-1½ oz.	3-5 lb.
Cream, coffee		7 cups
whipping	2 tbsp.	3 cups
Ice cream	½ cup	25 cups
Milk	1 cup	50 cups
Desserts		
Cakes, angel food		3-4 cakes
pound or loaf		4 loaves
8x8-inch square		3-4 cakes
Cookies or slices	3 pieces	150 pieces
Pies	⅛ pie	6 pies
Fish		
Fillets	3 oz.	14-16 lb.
Whole	3 oz.	40 lb.
Fruits		
Apples	1	15 lb.
Bananas	1	16 lb.
Peaches	1	12-15 lb.
Raspberries or strawberries	½ cup	14 lb.
Juice, fruit or vegetable	½ cup	25 cups

	Serving Portion	Amount for 50 People*
Meat		
Beef, ground	3 oz.	13-15 lb.
boneless round, rump	3 oz.	16-18 lb.
Lamb, boneless leg	3 oz.	15 lb.
Pork, boneless loin	3 oz.	18-20 lb.
boneless ham	3 oz.	15 lb.
Salami	3 oz.	10 lb.
Sliced luncheon meat	1 oz.	3½ lb.
Weiners	2 weiners	10 lb.
Poultry		
Chicken, fryers	¼ fryer	13 fryers
Turkey	3 oz.	36 lb.
Pickles		
Dill or sweet		10 cups
Relish		8 cups
Salads		
Green	¾ cup	32-40 cups
Potato, chicken or fruit	½ cup	28-32 cups
Salad dressings		
Mayonnaise	1 tbsp.	4 cups
French	2 tsp.	3-4 cups
Sandwiches		
Main meal	1½	70-80
Afternoon	1	50
Vegetables		
Asparagus	½ cup	18-20 lb.
Beans, green or wax	½ cup	10-12 lb.
Broccoli	½ cup	16-20 lb.
Cabbage	1 wedge	12-14 lb.
Cauliflower	½ cup	16-18 lb.
Celery, sticks	4 sticks	4-5 lb.
Corn on the cob	1 ear	5 doz.
Lettuce, for tossed salad	1 cup	8 heads
for salad plate		8-10 heads
Potatoes, baked	1 potato	17-25 lb.
mashed	½ cup	15 lb.
Tomatoes, sliced	3 slices	15 lb.
Frozen vegetables		10 lb.

***Based on one serving portion per person. For second helpings or larger serving portions, prepare additional food accordingly.**

VERSE

Give no more to every guest
Than he is able to digest
Give him always of the prime
But just a little at a time.

CAESAR SALAD

Mrs. Jo-Ann Anderson

1 head romaine lettuce
1/2 cup olive oil
2 Tbsp. vinegar
1 Tbsp. lemon juice
1 raw egg
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. dry mustard
1/2 to 1/4 cup Parmesan cheese
1 clove garlic, crushed
Optional:
3 strips bacon, well done & crumbled
1/4 cup croutons
1 boiled egg for decoration

Wash romaine lettuce; tear into large bowl. Into small covered jar, put raw egg, garlic, oil, vinegar, lemon juice, salt, pepper and dry mustard. Shake well. Toss liquid with greens. Add bacon bits, if desired. Add Parmesan cheese. Croutons, if desired. Top with boiled egg, sliced. Serve immediately.

CAESAR SALAD

Debbie Carty

1 head romaine lettuce
4 slices bacon, cooked & crumbled
2 eggs, boiled
Mushrooms, optional
1 bottle Kraft Caesar dressing mix
Parmesan cheese
Croutons

Clean and tear lettuce into bite-size pieces. Chop boiled eggs. Add eggs and bacon to lettuce. Follow directions on salad dressing bottle. Add dressing to salad mixture. Toss. Sprinkle cheese in salad. Toss. Add croutons. Enjoy.

CAESAR SALAD DRESSING

Susan Bell

1 cup olive oil or sunflower oil
2 to 3 cloves garlic
3 tsp. salt
3/4 tsp. dry mustard
1/2 Tbsp. pepper
3 to 4 anchovy fillets
5 drops Worcestershire sauce
6 Tbsp. wine vinegar
1 egg
1 Tbsp. lemon juice

Crush garlic; chop anchovies. Put everything in a glass jar. Shake well. Let sit for at least 1/2 hour before using. Toss with romaine lettuce and Parmesan cheese. Keeps well in refrigerator. Dressing may be strained before using.

CAESAR SALAD DRESSING

C. Hendricken

1/4 cup extra virgin olive oil
1/4 cup Crisco
1 tsp. Dijon mustard
2 garlic cloves
1 egg
Shake of salt & pepper
3 tsp. lemon juice
Shake of Worcestershire sauce

Mix all ingredients together. Beat for 2 minutes with electric beater. Let stand 4 hours.

JELLIED CHEESE SALAD

Marina Forbes

1 (3 oz.) pkg. red Jello
1 1/2 cups boiling water
1 tsp. vinegar
Pinch salt
1 (8 oz.) pkg. cream cheese, whipped
1 (3 oz.) pkg. lemon Jello
1 1/2 cups boiling water
1 pkg. Dream Whip, whipped
1 (3 oz.) pkg. green Jello
1 tsp. vinegar
1 1/2 cups boiling water
Pinch salt

Combine first 4 ingredients. Let set in 9x12-inch Pyrex pan. Mix water and lemon Jello-allow to thicken slightly, then beat. Add cheese; beat again. Fold Dream Whip into cheese mixture. Pour over red Jello. Let set. Combine last 4 ingredients. Let cool and pour over cheese mixture. Other Jello flavours can be used on top and bottom. It is important that layers are completely set before another layer is added.

No knowledge, no doubt.

7-UP PARTY SALAD

M. Aileen Elliott

1 (7 oz.) bottle 7-Up
1/4 lb. (1/2 cup) marshmallows
1 (3 oz.) pkg. lime flavoured gelatin
2 (4 oz.) pkg. cream cheese
1 (1 lb. 4 oz.) can crushed pineapple, undrained (2 1/2 cups)
1 cup heavy cream, whipped
2/3 cup mayonnaise
3/4 cup chopped walnuts

Combine 7-Up and marshmallows in saucepan. Cook over medium heat until marshmallows are melted. Add gelatin, stirring until dissolved. Have cream cheese at room temperature. Add hot mixture slowly to cream cheese; beat until smooth. Add pineapple and walnuts. Chill until partially set. Fold in whipped cream and mayonnaise; blend thoroughly. Pour into a lightly oiled 2-quart mold. Refrigerate until firm.

Loosen edges with a spatula and invert onto serving plate. Garnish with sugar-frosted grapes and sliced pineapple, if desired. Serves 12.

ITALIAN SALAD DRESSING

Stephanie O'Brien

1 1/3 cups vegetable or olive oil
1/2 cup vinegar
1 Tbsp. sugar
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. paprika
1 tsp. celery salt
1/2 tsp. dry mustard
1 garlic clove, minced
1/4 cup Parmesan cheese

Place all ingredients in a covered container; shake vigorously.

Keep in refrigerator and use as needed over fresh garden salads.

CLAM CHOWDER

Josie Di Marino

2 medium onions, chopped
1 (5 oz.) can clams with liquid
2 cups water
2 Tbsp. butter
2 Tbsp. flour
1/4 cup diced celery
1/4 tsp. pepper
2 tsp. salt
3 cups diced raw potatoes
3 cups scalded milk
1 1/2 tsp. salt
1 Tbsp. butter

Saute onion and celery in 2 tablespoons butter until tender. Add flour and pepper. Add 2 teaspoons salt, clam liquid, potatoes and water. Cover and cook, at medium heat, about 8 minutes until potatoes are tender. Add milk, clams, 1 1/2 teaspoons salt and butter. Simmer and stir occasionally about 40 minutes.

SEAFOOD CHOWDER

Phyllis Cosby

2 lb. fresh or frozen fish fillets (sole, haddock, cod, shrimp, etc.)
1/4 lb. bacon, diced
1 medium onion, chopped
4 medium potatoes, pared & cubed
2 cups water
1 1/2 tsp. salt
1/4 tsp. pepper
1 (13 oz.) can evaporated milk

Thaw frozen fillets and cut into bite-size pieces. In small skillet, saute bacon and onion until golden. Drain and put into crockpot with fish. Add all remaining ingredients except evaporated milk. Cover and cook on low for 6 to 9 hours or until potatoes are tender (high 2 to 3 hours). Add evaporated milk during last hour.

QUICK FRENCH ONION SOUP

Irene Baran

6 cups Spanish onion slices
1/2 cup butter
5 cups water
1/4 cup red wine
5 bouillon cubes or liquid equivalent
1 tsp. salt
Pepper to taste
6 (1-inch) slices French bread, toasted or broiled
1/2 lb. grated mozzarella cheese
6 Tbsp. grated Parmesan cheese

Cook onions in butter in large pot. Let them brown slightly. Add water, bouillon cubes or liquid, wine and salt and pepper. Cover and cook, over low heat, for 30 minutes. The soup is now put into a casserole. Cover with 6 slices of toasted French bread. Add the mozzarella and Parmesan cheese. Heat in a 275°F oven about 5 minutes or until the cheeses melt. *If you have ovenproof soup bowls, the soup, bread and cheeses can be divided into 6 servings and put in the oven in the same manner. Makes 6 servings.

HEARTY HAMBURG SOUP

Lynnette Randell

1 1/2 lb. ground beef
1 (28 oz.) can tomatoes
3 cans consomme soup
4 carrots, finely chopped
3 sticks celery, finely chopped
1/2 tsp. thyme
8 Tbsp. barley or elbow macaroni
1 medium onion, finely chopped
1 can tomato soup
1 bay leaf
Parsley
Pepper to taste

Brown meat and onions; drain well. Combine all ingredients in a large pot. Simmer, covered, for at least 2 hours or all day. Serves 10. Just before serving, add grated cheddar cheese. Serve with garlic bread.

HAMBURGER SOUP

Carol Legare

1 1/2 lb. ground beef
1 medium onion, chopped fine
1 (28 oz.) can tomatoes
2 cups water
3 cans consomme soup
1 can tomato soup
4 carrots, chopped fine
3 sticks celery, chopped
1 bay leaf
Parsley
8 Tbsp. barley
1/2 tsp. thyme
Pepper to taste

Brown meat and onions; drain well. Combine all ingredients in large pot. Simmer, covered, at least 2 hours, or all day. Serves 10.

FAST CHILI SAUCE

Kathy Donn

2 large cans tomatoes
1 large onion
1/4 cup vinegar
1 tsp. celery seed
3/4 tsp. cinnamon
3/4 tsp. allspice
3/4 tsp. ground cloves
Salt to taste
Chili peppers, if desired

Combine all ingredients in large pot. Bring to boil. Let boil 2 1/2 to 3 hours. Makes approximately two 1 pint jars.

Skipping classes will make the teacher hopping mad.

CHILI SAUCE

Nancy Stark

6 cups celery, diced
6 qt. basket ripe tomatoes
4 cups diced onion
5 cups sugar
2 cups cider vinegar
2 green peppers
2 red peppers (long regular peppers)
1 oz. mustard seed
1 tsp. cayenne powder

Peel and cut tomatoes; combine with celery and onions. Put in pot. Sprinkle 1/2 cup pickling salt and let stand in covered pot overnight. Drain well in colander. Discard liquid. Do this a few times to remove salted juice. Place vegetables in pot; add remaining ingredients. Bring to boil, stirring often. Boil slowly, uncovered, for 15 minutes. Yield: 7 pints. (Fill jars quite full as it will settle.) Seal with wax right away.

PESTO SAUCE FOR PASTA

Stephanie O'Brien

1/3 cup vegetable or olive oil
1/4 cup grated Parmesan cheese
1/4 cup chopped fresh parsley (dried parsley flakes may be substituted)
1 small garlic clove, quartered
2 Tbsp. basil, fresh or dried
1 tsp. salt
1/4 tsp. grated nutmeg

Place all ingredients in a blender; blend. Pour over hot spaghetti and toss. Sprinkle more cheese on top, if you wish.

VEGETABLES

by Kevin WATT

VEGETABLES

VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 pounds pressure)	Bake (350°F.)
Asparagus, tied in bundles	15-20	30-40	9	
Beans, wax or green	15-25	30-35	2-2.5	
Beets, whole	25-45		15-18	90
Beet greens (tops)	5-15			
Broccoli, stalks	10-15	15-20	1½-3	
Brussels sprouts	10-20	15-20	1-2	
Cabbage, green				
wedges	8-15	10-15	2-3	
shredded	4-8	8-12	½-1½	
Cabbage, red				
shredded	20-25	25-30	3-4	
Carrots, sliced	15-20	20-30	2-3	35-45
Cauliflower,				
whole	15-25	25-30	3-4	
flowerettes	10-15	10-20	1½-3	
Celery, diced	15-20	25-30	2-3	
Corn on the cob	8-10	10-15	½-1½	
Eggplant, sliced	10-20	15-20		30
Onions, small, whole	15-30	25-30	3-4	
Parsnips, quartered	20-30	30-45	10	
Peas	15-20	15-25	1	
Potatoes, whole	30-35	30-45	15	40-60
quartered	20-30	30-35	8	
Squash Hubbard, sliced	35-45	45-50	12-15	60-90
Squash, Summer, sliced	8-15	15-20	1½-3	30
Spinach	4-8	5-12		
Turnips, sliced	15-20	20-25	1½	

(All cooking times are in minutes)

Boiling: Add vegetables to boiling, salted water using as little water as possible. Cover saucepan. Bring water to a boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

Steaming: Place vegetables in steamer basket just over, not touching, rapidly boiling water. Sprinkle with salt, cover, and cook until just tender. Drain; season to taste.

Pressure Cooking: A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

Baking: Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

Note: Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

VEGETABLES

DIRTY DISHES

Thank God for the dirty dishes
They have a story to tell....
And....by the stack I have....
It seems we are living very well.
While people of other countries are starving
I haven't the heart to fuss....
For by this stack of evidence
God is awfully good....to us!

SWISS BEAN CASSEROLE

Karen Taylor

About 4 cups green beans, cut in 1 inch pieces or frenched
2 Tbsp. butter
1 tsp. salt
1 tsp. sugar
2 Tbsp. flour
1/4 tsp. pepper
1 small onion, finely chopped
1 cup sour cream
Topping:
2 Tbsp. melted butter
3/4 cup breadcrumbs, corn flakes or Rice Krispies
1/2 lb. cheddar, grated

Cook beans in salted water until almost done. Melt butter; stir in salt, sugar, flour, pepper and onion. Add sour cream; mix well, then heat through. Fold in drained beans. Put all in a buttered casserole. For the topping, mix crumbs with melted butter, then with cheese. Sprinkle over top of beans. Bake in a 400°F oven for 20 minutes or a more moderate oven for longer. There won't be a bean left over.

EASY BROCCOLI CASSEROLE

Paula Forbes

2 (10 oz.) pkg. frozen broccoli
2 (5 oz.) cans water chestnuts, drained & thinly sliced
2 cans condensed cream of chicken soup
2 Tbsp. dry breadcrumbs
1/4 cup grated Parmesan
2 Tbsp. butter, melted

In ungreased casserole, place broccoli and water chestnuts. Cover with chicken soup. Mix breadcrumbs, cheese and butter together; sprinkle on soup. Bake, uncovered, 1 hour at 350°F.

BROCCOLI CASSEROLE

Sue Aitken

1 bunch broccoli
1/2 can cream soup, chicken or mushroom
1/4 cup shredded cheese
2 Tbsp. mayonnaise
1/4 cup breadcrumbs
1/4 cup Parmesan cheese
2 Tbsp. melted butter

Mix soup, cheese and mayonnaise; pour over broccoli. Mix remaining ingredients and pour over mixture. Cook at 350°F for 40 minutes, covered.

SWISS CHEESE BROCCOLI

Kim Ballok

1 lb. broccoli, coarsely chopped
Salt
3 Tbsp. butter
2 Tbsp. flour
3 Tbsp. chopped onion
1 1/4 cups milk
2 cups shredded Swiss cheese
2 eggs, beaten

About 1 hour before serving, preheat oven to 325°F. Grease 10x6-inch dish. In medium saucepan over high heat, in 1-inch boiling water, heat broccoli and 1/2 teaspoon salt to boiling. Cover and cook 10 minutes; drain. Set aside. In medium saucepan over medium heat, melt butter. Stir in flour and 1 1/2 teaspoons salt until smooth. Add onion. Cook 1 minute. Slowly stir in milk. Cook, stirring constantly, until mixture thickens and begins to boil. Remove from heat. Stir cheese and broccoli into mixture until cheese melts slightly; stir in beaten eggs. Pour in baking dish and bake 30 minutes or until center is firm to the touch. Makes 8 servings.

PUFFED CAULIFLOWER CHEESE

A. Greco

1 medium cauliflower
1/4 cup butter
2 Tbsp. flour
1 cup milk
Salt
Pepper
1/4 cup breadcrumbs
3 eggs, separated
1 cup grated Parmesan cheese

Boil cauliflower; drain. Heat butter; add flour. Simmer 2 minutes. Add milk to mixture; boil. Add salt, pepper and most of breadcrumbs. Take off heat. Stir in egg yolks, cheese and cauliflower. Beat egg whites stiff; fold into mixture. Place in pan and sprinkle with remaining breadcrumbs. Bake in 400°F oven for 1/2 hour.

AUNTIE CUB'S CRABBY SNOW PEAS

Susan Blacklock

It is hard to decide whether these are showier or tastier!

6 oz. (170 g) snow peas, frozen or fresh
4 3/4 oz. (135 g) crab
1 hard boiled egg, chopped
2 Tbsp. (30 mL) mayonnaise
2 Tbsp. (30 mL) finely chopped celery
1 Tbsp. (15 mL) finely chopped green onion
1/4 tsp. (1 mL) prepared mustard (Dijon is best)

Slit thawed peas open on top side, which is the least curved side. If using fresh pods, pour boiling water over them. Let stand for 10 seconds; drain. Rinse with cold water until cold. Drain and keep cool. Remove membranes from crab. Mix crabmeat with egg, mayonnaise, celery, onion and mustard. Stuff each pea pod until it looks like it is overflowing, about 1 teaspoon (5 millilitres). Chill. Makes 2 1/2 dozen.

MAKE AHEAD POTATOES

Debbie Carty

5 lb. potatoes
Milk
1 (8 oz.) pkg. cream cheese
1 cup sour cream
Salt
Pepper
1 1/2 tsp. onion salt

Boil potatoes. Mash potatoes; add milk. Whip with electric beater. Add remaining ingredients. Beat until light and fluffy. Can be kept in fridge for up to 2 weeks. Put desired amount in greased casserole dish. Dot with butter. Bake at 350°F until heated through, approximately 30 minutes. Makes 8 cups or serves 12.

POTATO CROQUETTES IN BACON

Sue DiCroce

3/4 cup seasoned mashed potatoes
1/4 cup finely chopped pimento
1 Tbsp. grated Parmesan cheese
Dash cayenne
1 egg, beaten
1 cup dry breadcrumbs
8 bacon slices, halved lengthwise
Toothpicks

Combine first 5 ingredients; form into 16 small log-shaped croquettes. Roll in crumbs, then wrap in bacon slices. Secure with toothpicks. Place in shallow pan. Refrigerate until needed. Bake at 425°F to 450°F until bacon is crisp, turning once during baking. Allow 15 to 20 minutes. Serve with steak. Serves 8.

HASH BROWN POTATO CASSEROLE

Chris Bland

1 (2 lb.) pkg. hash browns
1/2 cup melted butter
1 tin cream of mushroom or chicken soup
1 pt. sour cream
2 cups grated medium cheddar
1/2 cup diced onion
2 cups corn flake crumbs
Salt & pepper

Put hash browns in casserole dish. Pour 1/2 cup melted butter over potatoes; stir in. Mix in next 4 ingredients. Season with salt and pepper. Top with buttered corn flake crumbs. Bake in 350°F oven for 1 hour.

POTATO CASSEROLE

Mary Contardi

2 lb. frozen hash brown potatoes
2 cups grated cheddar cheese
1 or 2 tins cream of chicken or cream of celery soup
1 pt. sour cream
1 tsp. salt
1/2 cup chopped onions
1/4 tsp. pepper
1/2 cup butter or margarine, melted
Topping:
2 cups crushed corn flakes combined with 1/4 cup melted butter or margarine

Combine all ingredients. Place in a buttered 9x13-inch casserole dish.

Top with topping mix. Bake at 350°F for 40 minutes.

GARLIC POTATOES

Brenda Slattery

6 potatoes
1/4 cup oil
1/3 cup Parmesan cheese
Garlic powder or salt to taste

Wash and peel potatoes. Cut them in quarters. Place them in 9x13-inch pan with oil. Put garlic powder or salt on them. Bake at 375°F for 1 hour or until crispy. Drain on paper towels. Shake on Parmesan cheese and serve hot!

Character development is the true aim of education.

PAIGE'S POTATOES EXTRAODINAIRE

Susan Blacklock

Here are two variations; choose your favourite!

Variation A:
5 lb. (2.27 kg) potatoes
8 oz. (250 g) cream cheese, softened
1 cup (250 mL) sour cream
1/4 cup (50 mL) butter
1 Tbsp. (15 mL) onion salt
1 tsp. (5 mL) salt
1/4 tsp. (1 mL) pepper

Variation B:
10 medium potatoes, cooked in salted water
1 cup (250 mL) cottage cheese
1 cup (250 mL) sour cream
1/2 cup (125 mL) butter
1 tsp. (5 mL) salt
1/4 tsp. (1 mL) pepper
1/4 tsp. (1 mL) onion powder

Variation A: Cook potatoes as usual in salted water until tender. Drain; mash well. Add cream cheese in pieces. Add next 5 ingredients. Beat until smooth and fluffy. Scrape into 2-quart casserole. Place dabs of butter here and there over top of potatoes. Sprinkle with paprika. Cover and heat in 350°F oven until heated through. Makes 12 servings.

Variation B: Cook potatoes in small amount of salted water. Drain; mash. Add cottage cheese; mash again. Add sour cream, butter, salt, pepper and onion powder. Mash well. Turn into 3-quart casserole. Smooth top. Cover and bake in 325°F oven for 30 minutes until piping hot. Serves 8.

POTATO CROQUETTES

Judy Avery

2 lb. potatoes, peeled & halved
2 oz. butter
1 egg, beaten
1 Tbsp. milk
Salt & pepper

Coating:
2 eggs, beaten
2 oz. fresh white breadcrumbs
Deep fat for frying

Cook potatoes in boiling, salted water for 15 to 20 minutes or until tender. Drain well; mash with butter. Beat in egg, milk and seasoning to taste. Allow mixture to become cold before shaping. Divide the mixture into 16 parts and form into croquettes by rolling with floured hands.

Dip the croquettes into the egg and roll in the breadcrumbs. Chill, then fry the croquettes in hot deep fat (180°C/350°F) for 4 to 5 minutes or until brown. Drain well on absorbent kitchen paper.

AUNTIE JUDE'S SPECIAL TURNIP

Susan Blacklock

Layered with sugared apples, this makes a nice colour contrast!

4 cups (1 L) mashed turnip
1 Tbsp. (15 mL) butter
1 1/4 cups (375 mL) thinly sliced cooking apples, peeled
1/4 cup (60 mL) brown sugar, packed
Pinch cinnamon
1/3 cup (75 mL) all-purpose flour
1/3 cup (75 mL) brown sugar, lightly packed
2 Tbsp. (30 mL) butter

Mix turnip with butter to distribute. In small bowl, toss apple, first amount of brown sugar and cinnamon together. Put layers of this with turnip in casserole, beginning and ending with turnip. Crumble flour, second amount of brown sugar and butter together. Sprinkle over top. Bake, uncovered, in 350°F oven for 1 hour. Serves 8.

COMPANY'S COMING CASSEROLE

Janet Reddicliffe

4 cups broccoli
4 cups cauliflower
2 eggs
3/4 cup mayonnaise
1 medium onion, finely chopped
1 can condensed cream of mushroom soup
1 cup medium or old cheddar cheese, grated
1/2 cup butter, melted
Seasoned croutons

Preheat the oven to 350°F. Cook vegetables in boiling, salted water for 10 minutes. Drain; distribute evenly in lightly buttered, large, shallow casserole, approximately 9x13-inches. Beat eggs. Combine with mayonnaise, onion, soup and half of cheese. Pour evenly over vegetables. Sprinkle remaining cheese over top. Pour melted butter over top of casserole. Cover with croutons. Bake 40 minutes until bubbly hot.

ZUCCHINI BAKE

Josie DiMarino

1 cup Bisquick
1/2 cup grated cheddar
2 Tbsp. parsley, fresh or dried
1/4 cup chopped onion
1/2 cup oil
Dash each garlic powder, oregano & basil
4 cups zucchini, sliced 1/4 inch thick
4 eggs

Mix together all ingredients in order (except eggs) in large bowl. Beat eggs by hand very well and pour into large bowl mixture. Grease and flour 9x13-inch pan. Pour mixture into pan. Bake 20 to 25 minutes at 350°F. Top will be golden.

ZUCCHINI RELISH

John Cosby

10 cups ground zucchini
4 cups onion
5 Tbsp. pickling salt
2 1/4 cups white vinegar
4 1/2 cups sugar
1 tsp. nutmeg
1 tsp. cornstarch
1 tsp. turmeric
1/2 tsp. celery seed
1/2 tsp. dry mustard
2 ground red or green peppers

Cover first 3 ingredients with ice overnight. Drain and rinse. Put all ingredients in large canning pot. Bring to boil and simmer for 30 minutes. Put into prepared jars.

Better to limp all the way to
Heaven than not get there at all.

EXTRA RECIPES

Main Dishes

by: Patrick Yee

TIMETABLE FOR ROASTING MEAT AND POULTRY AT 325 °F

— Roast uncovered with no liquid added.

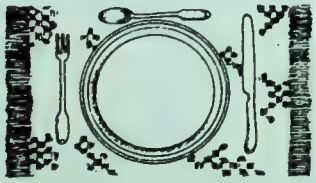
— Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs.)	Approximate Time Required to Roast (hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4-6	2-2½ (rare)	140°
		2½-3½ (medium)	150°
		2¾-4 (well done)	170°
Veal roasts	3-5	2-3½ (well done)	180°
Lamb roasts	3-5	2-3 (medium)	145°
		2¼-3¼ (well done)	170°
Pork loin roasts	4-6	2¼-3½ (well done)	180°
		3½-4 (well done)	185°
Ham, cook before eating	5-7	2½-3½	170°
Ham, fully cooked	2-7	1½-2	130°
Chicken broilers or fryers, stuffed	1½-2½	1-2*	185°
	2½-4½	2-3½	
Turkey roasters, stuffed	8-12	3½-4½*	185°
	12-16	4½-5½	
	16-20	5½-6½	
	20-24	6½-7	

*Poultry without stuffing may take less time.

COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° - 375°	30 - 60
Macaroni and Cheese	350° - 375°	25 - 45
Lasagne	350° - 375°	30 - 45
Meatloaf	350°	60 - 90
Meat Pie	400°	25 - 30
Casseroles	350° - 375°	25 - 40
Scalloped Potatoes	350°	50 - 60
Quiche	375° - 400°	35 - 45
Pizza	400° - 425°	20 - 30



RECIPE FOR A HOME

1/2 cup of friendship
Add a cup of thoughtfulness
Cream together with a
Pinch of powdered tenderness
Very lightly beaten
In a bowl of loyalty
With a cup of faith, one of hope
Add one of charity.

Be sure to add a spoonful each
Of gaiety that sings
And also the ability to laugh
At little things.
Moisten with the sudden tears
Of heartfelt sympathy
Bake in a good natured pan
And serve repeatedly.

BEEF STEW

Anna DiFrancesco

3 Tbsp. all-purpose flour
1 1/2 lb. beef stew meat or boneless pork, cut into 1 inch cubes
2 Tbsp. cooking oil
1/2 cup chopped onion
1 clove garlic, minced
1/2 tsp. dried thyme, crushed
3 cups vegetable juice cocktail
1 tsp. instant beef bouillon granules
Few dashes bottled hot pepper sauce
2 medium potatoes, peeled & cubed
1 1/2 cups sliced celery
1 1/2 cups sliced carrots

In a plastic bag, combine flour and 1 teaspoon salt. Add meat cubes, a few at a time, shaking to coat. In a large saucepan, brown meat, half at a time, in hot oil. Return all meat to saucepan. Add onion, garlic and thyme. Stir in vegetable juice, bouillon, hot pepper sauce and 1 cup water. Bring to boiling. Reduce heat; cover and simmer 1 1/4 hours for beef (30 minutes longer for pork) or till meat is nearly tender. Stir in potatoes, celery and carrots. Cover; simmer 30 minutes more. Skim off fat. Serves 6.

EYE OF THE ROUND

Susan Canary

3 to 4 lb. eye of the round, trim fat
1 can campbell's mushroom soup
1/2 soup can dry wine, red or white
1/2 pouch onion soup (add more for stronger flavour)

Mix together mushroom soup, wine and onion soup. Pour marinade liquid over meat. Cover and let stand overnight in fridge. Bake at 325°F for 30 minutes per pound. Bake meat in marinade. When finished, remove roast from pan.

Take 2 tablespoons Bisto in 1 cup sour cream or water, if preferable. Mix and pour into liquid left in roast pan. This thickens to make nice gravy. Leftovers can be frozen right in gravy.

CHILI

Dori McKenna

1 lb. ground beef
1 cup chopped onions
1 cup chopped green peppers
1 (28 oz.) tin tomatoes
1 (8 oz.) tin tomato sauce
2 tsp. chili powder
2 tsp. cayenne pepper
2 tsp. paprika
2 tsp. salt
1 (19 oz.) kidney beans, if desired

Brown ground beef in pan; add all other ingredients into large pot. Bring to a boil; add beef. Simmer 2 to 3 hours. More spice may be added according to your taste.

MEAT-ZA PIE

T. Pretto

1 lb. (500 g) medium ground beef
1/2 cup (125 mL) milk
1/3 cup (75 mL) fine dry bread or cracker crumbs
1/2 tsp. (2 mL) garlic salt
1/2 cup (125 mL) ketchup (tomato sauce may be substituted)
1/2 tsp (2 mL) oregano
1/2 (10 oz./284 mL) can drained mushroom pieces
1 cup (250 mL) shredded cheddar cheese

Mix first 5 ingredients together and pat into a 9-inch (1 litre) pie pan to form a shell. In center of shell, place remaining ingredients in order. Bake at 375°F (190°C) for 35 minutes. Top with grated Parmesan cheese. Serves 4 to 5.

STUFFED MEAT LOAF

Kathy Donn

1 egg
1/2 cup milk
3/4 cup breadcrumbs
1/4 tsp. salt
1/4 tsp. pepper
1 1/2 lb. lean ground beef
Stove Top stuffing

Prepare stuffing mix according to package. Combine all other ingredients; mix well. Leave 1/4 of meat mixture aside. Pack meat 1/2-inch thick along bottom of pan and up the sides. Fill inside with stuffing mix, packing down. Take remaining meat and forming a lid, press on top of stuffing. Bake at 350°F for 1 hour.

WAIKIKI MEATBALLS

Ingrid Spence

1 1/2 lb. ground beef
2/3 cup cracker crumbs
1 egg
1 1/2 tsp. salt
2 Tbsp. cornstarch
1/2 cup brown sugar
1 (19 oz.) can crushed or tidbit pineapple
1/3 cup vinegar
1 Tbsp. soya sauce

Mix meat, crumbs, egg and salt. Form into meatballs (1-inch size). Brown meatballs; set aside. Mix cornstarch and brown sugar in saucepan. Add pineapple and liquid, vinegar and soya sauce. Mix and cook, over medium-high heat, until mixture boils and thickens. Remove from heat; add meatballs. Stir and return to heat. Simmer for about 15 minutes. May be served on rice.

SAVORY MEATBALLS

Darlene Friday

2 lb. hamburger
1 egg
1 Tbsp. Worcestershire
3 Tbsp. breadcrumbs
1 large onion, finely chopped
1/2 Tbsp. lemon juice
1 cup ketchup
1/2 cup water
3/4 cup brown sugar
2 tsp. white vinegar
1/2 Tbsp. Worcestershire

Combine first 4 ingredients. Make small meatballs and brown. For sauce, fry onion; add remaining ingredients. (Double recipe makes a crock pot full, but triple the sauce recipe.)

SPICY MEATBALLS IN SAUCE

Maureen Johnstone

2 lb. ground beef
1 egg
Salt & pepper to taste
1 Tbsp. Worcestershire sauce
3 Tbsp. fine breadcrumbs
Sauce:
2 Tbsp. butter
2 onions, chopped fine
2 Tbsp. white vinegar
1/2 tsp. Worcestershire sauce
Juice of 1/2 lemon
1 cup ketchup
3/4 cup brown sugar
1/2 cup water

Make meatballs. Cook until done; drain on paper towel. For sauce, bring all ingredients to a boil. Simmer 20 minutes. Add meatballs. Serve on bed of rice or freeze.

PEPPER STEAK

Karen Andrecyk

1 1/2 lb. round steak
1 small onion
1 lb. mushrooms
1 large green pepper, cut in strips
1 Tbsp. soya sauce
1 1/2 Tbsp. cornstarch
1 cup celery strips
2 to 3 cups water

Cut steak up into strips and brown. Chop onion fine; add to steak. Continue cooking for 10 minutes. Add 1 1/2 cups water. Simmer 15 minutes. Add green pepper and celery, cutting these into strips. Add another 1 1/2 cups of water; simmer. In the last 20 minutes, add mushrooms, either whole or pieces, with the soya sauce. Add remaining water. Bring remaining liquid to a boil. Add cornstarch (first mix in a container with cold water). Makes a nice gravy. If needed, add more water to mixture. Serve over plain rice.

GREEN PEPPER STEAK

Christine Millar

1 1/2 lb. lean beef round steak, 1/2 inch thick, cut in strips
1 Tbsp. paprika
2 cloves garlic
2 Tbsp. butter or margarine
1 cup green onions with tops, sliced
2 green peppers, cut in strips
1 small fresh tomato, diced
1 cup beef broth
1/4 cup water
2 Tbsp. cornstarch
2 Tbsp. soya sauce
3 cups hot cooked rice

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Cook steak and garlic in butter until meat is browned. Add onions and green peppers. Continue cooking until vegetables are wilted. Add tomato and broth. Cover and simmer about 15 minutes. Blend water with cornstarch and soya sauce. Stir into steak and cook until thickened. Serve over rice. Makes 4 to 5 servings.

HUNGARIAN PORK

Eva Pekar

8 thin slices pork loin
2 Tbsp. flour
Salt, pepper
25 g (1 oz./2 Tbsp.) butter
Sauce:
25 g butter
1 onion, chopped
2 Tbsp. chopped parsley
75 g chopped smoked ham
2 Tbsp. tomato puree
1 Tbsp. flour
2 cups bouillon
1 cup sour cream
1 garlic clove, crushed
1 Tbsp. chervil
1 Tbsp. paprika
Salt, ground pepper

Make the sauce first. Fry finely chopped onions in butter until golden. Add ham and paprika. Fry a little more. Sprinkle flour over mixture; blend well over medium heat. Add bouillon, a little at a time, and whisk until sauce is smooth. Add tomato puree, crushed garlic, chervil, salt and pepper. Simmer for 2 minutes. Add chopped parsley and sour cream. Season to taste. Prepare meat while sauce is cooking. Flatten meat, then turn in flour seasoned with salt and paprika. Brown both sides in butter, then place in well greased ovenproof dish. Pour sauce over meat. Cover the dish. Place dish in a preheated 175°C (350°F) oven for 20 minutes or until tender. Serve with rice, peas, green salad.

An aim in life is the only fortune worth finding.

HONEY GARLIC SPARERIBS

Karen Gillis

1/4 cup soya sauce
1/2 cup honey
2 tsp. vinegar
1 cup brown sugar
1 Tbsp. garlic powder
2 to 3 lb. pork spareribs

Broil the ribs first for about 10 minutes. Combine all the ingredients; mix well. Pour over the ribs; cook at 350°F for 1 1/2 hours. Turn and baste ribs occasionally.

SWEET AND SOUR SPARERIBS

Yvonne Ricciardone

2 tsp. salad oil
1 lb. spareribs, cut up
1 clove garlic
1 tsp. salt
2 tsp. soy sauce
1/4 cup vinegar
1/4 cup water
1 Tbsp. cornstarch
1 tsp. soy sauce
1 Tbsp. vinegar
2 Tbsp. brown sugar

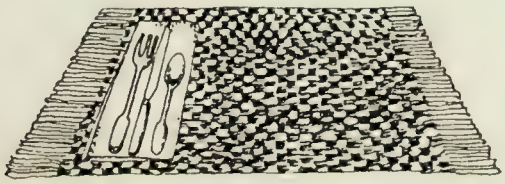
Heat oil in heavy saucepan or Dutch oven. Add ribs; brown evenly on all sides. Add garlic, salt, 2 teaspoons soy sauce, vinegar and water; bring to boil over medium heat. Reduce heat. Cover; simmer 30 minutes or until meat is tender. Combine cornstarch, remaining soy sauce, vinegar and brown sugar in a medium-size saucepan. Mix well. Bring to a boil. Cook for 1 minute. Pour over ribs. Serve on warm platter. Makes 4 servings.

SWEET & SOUR CHILI RIBS

Darlene Friday

4 lb. lean pork spareribs
3/4 cup brown sugar
1/2 cup ketchup
1/2 cup white vinegar
2 Tbsp. Worcestershire sauce
1 tsp. chili powder
3/4 cup water
1 onion, diced

Trim fat off ribs. Cut in desired sizes. Spread in bottom of large, shallow baking dish. Mix all other ingredients. Pour over ribs. Bake, uncovered, at 250°F for 3 hours. Increase temperature in last half hour to thicken sauce, if necessary.



VEAL ROLLS

Mary Contardi

3 slices bacon
1 1/2 cups packaged herb-seasoned stuffing mix
6 thin veal cutlets (pound 1/8 inch thick)
1 Tbsp. salad oil
2 (10 oz.) pkg. broccoli spears, thawed
1 chicken bouillon cube
1/2 cup boiling water
1 (10 1/2 oz.) can condensed cream of mushroom soup
1/3 cup milk
1 (4 1/2 or 5 oz.) can shrimp, drained

In pan, cook bacon until crisp. Drain and save drippings. Prepare stuffing according to package directions, using drippings and melted butter to make 1/4 cup. Crumble bacon; stir it into stuffing. Sprinkle veal with salt. Place 1/3 cup stuffing on each piece. Roll and tie securely. Add oil to frying pan. Brown veal rolls. Arrange in 12x8-inch baking dish with broccoli. Dissolve crushed bouillon cube in boiling water. Pour over meat. Cover with foil and bake at 350°F for 1 hour. Combine soup, milk and shrimp. Cook to just boil. Before serving, remove ties from meat and pour the soup mixture over the veal rolls. Makes 6 large servings.

EASY CHICKEN BAKE

Kelly Halubeshen

3 chicken breasts, skinned & split
6 pieces Swiss cheese
1 can cream of chicken soup
1/3 can milk
1/2 cup melted butter
2 cups seasoned bread stuffing

Place chicken in flat, greased bake dish. Cover chicken with Swiss cheese. Mix soup and milk; pour over cheese. Mix butter and dressing; spread over soup. Cover with foil. Bake for 1 1/2 hours at 325°F.

It is better to be small and shine
than to be great and cast a shadow.

CHICKEN BREASTS PICCATA

Irene Baran

2 whole chicken breasts, halved, skinned & boned
Salt, pepper
Flour
1/4 cup unsalted butter
1/2 cup dry white wine
1/3 cup lemon juice
2 Tbsp. fresh parsley, finely chopped
Garnish:
1 lemon, thinly sliced
Sprigs of fresh parsley

Season chicken breasts with salt and pepper. Dust lightly with flour just before cooking. Melt butter in large fry pan on medium-high heat. When butter foams, add chicken. Reduce heat to medium. Cook about 10 minutes on each side. Do not overcook as they will become dry. Remove chicken to a heatproof platter. Keep warm in 300°F oven. Discard excess fat in the pan. Return to heat; add wine, lemon juice and parsley. Cook over medium-high heat, until liquid is thick and syrupy. Remove from heat; stir in butter. Season with salt and pepper. Pour sauce over chicken. Arrange lemon slices around outside of platter. Garnish with parsley. *Fresh dill can be substituted for all or part of parsley.

CHICKEN CORDON BLEU

Elvira Nocita

2 large chicken breasts, boneless
1/2 cup shredded Swiss cheese
1/4 cup finely chopped boiled ham
2 tsp. Dijon mustard
1 egg
2 Tbsp. water
1/4 cup flour
1/4 tsp. salt
1/3 cup dry breadcrumbs
Oil for frying

Place 1 piece of chicken between 2 pieces of plastic wrap. Working from center, pound lightly with flat side of meat mallet or rolling pin, until about 1/8 to 1/4-inch thick. Cut in half. Remove wrap; repeat with remaining chicken. In small bowl, combine cheese and ham. Sprinkle chicken with salt; spread with mustard. Divide cheese mixture into 4 parts, placing 1/4 to each breast. Fold in sides; roll up jelly roll fashion, pressing ends to seal. Secure with toothpicks. In medium bowl, combine egg and water. In shallow pan, combine flour, 1/4 teaspoon salt. Coat chicken with flour mixture. Dip in egg mixture. Roll in breadcrumbs. Cover; refrigerate 1 hour. Heat oven to 375°F. Heat 1 to 2 inches of oil in large skillet. Fry chicken rolls until golden brown. Remove toothpicks. Transfer to 8-inch square baking dish. Bake 15 to 20 minutes.

EVERYDAY CHICKEN

Selena Zannoni

2 lb. boneless chicken
1 cup flour
Salt & pepper
1 Tbsp. butter
1 Tbsp. oil
1 onion, cut into 4
1 green pepper, cut in large pieces
Pinch thyme
1 garlic clove, chopped
4 tomatoes, cut into 4 wedges

Dip chicken pieces in flour; shake off excess. Season chicken pieces with salt and pepper. Melt butter; add oil. Heat until hot. Add chicken; brown, uncovered, 8 minutes on each side. Add remaining ingredients to the chicken; season with salt and pepper. Cover; reduce heat to low. Cook for 30 minutes; stir occasionally.

CHICKEN ROLL-UPS

Donna Pintos

2 lb. boneless chicken breast
2 cloves garlic
2 Tbsp. parsley
1 cup breadcrumbs
1/2 cup Romano cheese
8 to 10 slices Black Forest ham
8 to 10 slices Swiss cheese
1/2 cup butter

Pound boneless chicken breasts thin. Mix in one bowl melted butter and cut up garlic. In another bowl, mix breadcrumbs, Romano cheese and parsley together. Get 1 piece of chicken. Place a slice of ham and cheese on it. Roll chicken up and hold together with a toothpick. Dip chicken into mixture of butter and garlic, then dip into mixture of breadcrumbs. Place into pan. Repeat with all other pieces of chicken. Place all into pan. Pour leftover butter mixture into pan. Cook in 350°F oven for 45 minutes.

BONELESS CHICKEN ROLLS

Sue Aitken

3/4 cup butter, melted
1/4 tsp. garlic powder
1/2 tsp. dry mustard
1/2 tsp. Worcestershire sauce
1 tsp. salt
2 1/2 cups breadcrumbs
1/2 cup Parmesan cheese
1/4 cup parsley
2 lb. boneless chicken breast

Blend butter, garlic powder, mustard and Worcestershire sauce to form a liquid. Pound chicken breasts to make thin. Dip them in liquid mixture. Combine dry ingredients and roll chicken in dry mixture. Roll up chicken pieces. Bake at 325°F for 1 hour, covered, Uncover for last 10 minutes.

CHICKEN/TURKEY IN MUSHROOM SOUP

Robin McNaughton

6 thighs (3 lb.)
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. paprika
1/2 tsp. savory
1 cup sliced onions
1 can cream of mushroom soup

Remove and discard skin. Place chicken/turkey in a greased casserole. Combine separately all other ingredients. Pour over chicken/turkey. Simmer, covered, until tender. Baste occasionally. Sprinkle with paprika.

Before serving, if desired, garnish with green and red pepper rings, parsley and green onions. Bake at 350°F.

CHICKEN TERIYAKI

Paula Forbes

12 chicken thighs (approximately)
1/2 cup soya sauce
1/2 cup sugar (honey or brown sugar)
1/4 tsp. ginger
1/2 tsp. garlic
Walnuts

Cook (fry) chicken till almost cooked. Mix remaining ingredients. Pour over chicken. Finish cooking chicken; sauce will thicken. To have as greaseless as possible, pour off fat before adding sauce. Serve topped with walnuts.

CHEESE DELIGHT IN EVERY BITE CHICKEN

R. Pretto

3 whole broiler fryer chicken breasts, halved & boned
1 clove garlic
1/2 cup Mazola corn oil
1 cup fine dry breadcrumbs
1/2 cup finely grated cheddar cheese
1/4 cup grated Parmesan cheese
1 tsp. Accent
1 tsp. salt
1/8 tsp. pepper

Add garlic to oil and let stand 20 minutes. Remove garlic. Mix together crumbs, cheeses, Accent, salt and pepper. Dip breasts into oil, then crumb mixture. Place in large shallow baking pan, tucking sides under to form meat roll. Be sure breasts don't touch one another. Pour remainder of oil over chicken. Bake, uncovered, at 350°F approximately 45 minutes or till fork can be inserted with ease. Baste with pan juices. Serves 6.

CHICKEN AND VEGETABLE SAUTE

Anna DiFrancesco

2 whole boneless, skinless chicken breasts
3 Tbsp. soy sauce, divided
3 Tbsp. cornstarch, divided
1 tsp. grated fresh gingerroot, optional
1 tsp. sugar
1 or 2 cloves garlic, minced
1/4 tsp. crushed dried red pepper
1 1/2 cups water
5 Tbsp. butter, divided
2 cups thinly sliced carrots
1 onion, chunked, separated
2 bell peppers, cut in 1/4 inch strips, halved

Cut chicken into thin, narrow strips. Combine 2 tablespoons soy sauce, 1 tablespoon cornstarch, ginger, sugar and garlic in small bowl. Add chicken; toss to coat. Set aside. Blend remaining 2 tablespoons cornstarch, remaining 1 tablespoons soy sauce and dried red pepper. Stir in water; set aside. Melt 3 tablespoons butter in large fry pan or wok with non-stick finish over high heat until foamy. Add chicken; stir-fry 2 minutes or until chicken is cooked. Remove from pan. Melt remaining 2 teaspoons butter in same pan on high heat. Add carrots and onion. Stir-fry 3 minutes. Add peppers; stir-fry 2 minutes. Stir in chicken and soy sauce mixture. Cook and stir until sauce boils and thickens. Serve with hot cooked buttered rice. Makes 4 servings.

GRANDI'S GREAT PARMESAN WINGS

Susan Blacklock

You will have everyone exclaiming over these. Better make lots.

1 cup (250 mL) grated Parmesan cheese
1 tsp. (5 mL) parsley flakes
1 tsp. (5 mL) paprika
1/4 tsp. (1 mL) pepper
1 tsp. (5 mL) salt
1/4 tsp. (1 mL) garlic powder
2 lb. (1 kg) chicken wings
1/2 cup (125 mL) butter

Measure first 6 ingredients into bowl; mix well. Cut off wing tips and discard. Separate wings at joint. Dip each piece in melted butter, then in cheese mixture. Coat completely. Place on foil-lined baking sheet with sides. Bake, uncovered, in 350°F oven for about 45 minutes until tender. Serve hot. Makes about 24 pieces.

Note: Adding a few fine breadcrumbs to the cheese mixture makes it go further. Too many will weaken the flavour.

LEN'S FANCY CRAB CASSEROLE

Mirella Wise

1/4 cup butter
2 cups chopped onion
1 lb. frozen or 2 cans Alaska king crab, drained & sliced
1/2 cup snipped parsley
2 Tbsp. chives or green onion
2 pimentos, diced or green or red pepper
1 1/2 cups corn muffin mix
1/8 tsp. salt
1 egg, beaten
1/2 cup milk
1 cup cream-style corn
6 drops Tabasco sauce
2 cups sour cream
1 1/2 cups cheddar cheese, grated

Cook onion in butter until tender. Add next 5 ingredients; heat. Mix separately corn muffin mix, salt, egg, milk, corn and Tabasco until moistened (batter is lumpy). Turn into a 3-quart dish and spread evenly. Spoon crab mixture over top and then sour cream over top. Sprinkle cheese over all. Bake at 400°F for 25 to 30 minutes. Serve in squares. Makes 12 squares.

HAMBURGER CORN CASSEROLE

Debbie Carty

1 1/2 lb. ground beef
1 cup chopped onion
1 (12 oz.) can kernel corn, drained
1 can condensed cream of mushroom soup
1 can condensed cream of chicken soup
1 cup sour cream
1/4 cup chopped pimento, optional
3/4 tsp. salt
1/4 tsp. pepper
3 cups cooked medium noodles

Cook meat and onion until meat is lightly browned and onion is tender. Turn into 2 1/2-quart casserole dish. Add rest of ingredients. Mix together well. Sprinkle 1 cup soft breadcrumbs on top and 2 tablespoons melted butter. Bake at 350°F, uncovered, or until hot. Serves 8 to 10.

PEROGY CASSEROLE

Joshua Mamer's Mom

12 medium potatoes, boiled & mashed
3/4 to 1 lb. medium to old cheddar cheese
1 cup butter or margarine
2 onions
3/4 pkg. lasagna noodles

Preheat oven to 350°F. Cook lasagna noodles according to package directions. Chop onions finely; saute until transparent. Cook potatoes; mash. Grate cheese into hot potatoes. Add 1/3 of onions and 1/3 cup butter or margarine into potatoes. Generously butter a 13x9x2-inch lasagna pan. Starting with noodles, layer noodles and potato mixture. (You may have to get your hands into the potato to spread.) Begin and end with noodles. Pour remaining onions and margarine over all. Cook with foil and bake till heated through.

Serve with gobs of sour cream!!!

HUNGARIAN SAUERKRAUT CASSEROLE

Anne Marie Ferris

1 large jar sauerkraut
1/2 cup rice
1 onion, chopped
1/2 green pepper, chopped
1 tsp. paprika
1 lb. ground chuck
Salt & pepper
1 to 2 cups sour cream
8 slices bacon, cooked & cut up
Oil for frying

Drain juice from sauerkraut; rinse with water. Boil in water until tender. Drain and squeeze in strainer. Brown rice in small amount oil. Add water; simmer until cooked. Brown onion and green pepper in oil. Remove from heat; add paprika. Add meat to onion and green pepper; brown. Season with salt and pepper. Grease a casserole (size you would make lasagna in). Spread half of sauerkraut on bottom. Add rice next, then meat mixture on top of rice. Top with rest of sauerkraut and spread sour cream over top. Garnish with bacon. Bake in 350°F oven 3/4 hour, uncovered.

No matter what you do, someone always knew you would.

SEVEN LAYER CASSEROLE

F. Baker

2 to 3 potatoes
1 to 2 onions
2 to 3 carrots
1 lb. hamburger
3/4 cup uncooked rice
1 tin tomato soup
2 cups boiling water

Layer in a large casserole dish; salt and pepper each layer. Pour boiling water slowly over completed casserole. Dot butter on top. Cover. Bake for 2 1/2 hours at 350°F.

FETTUCINE ALFREDO

Mrs. Jo-Ann Anderson

1/2 cup butter
1/2 cup half & half cream
1 Tbsp. parsley
1 cup finely grated Parmesan cheese
Dash pepper to taste

Heat butter and cream over low heat until melted. Add remaining ingredients, the cheese a bit at a time. Whisk over low heat for 2 minutes. Toss with cooked fettucine noodles; Primo noodles are best.

GNOCCHI

Josie DiMarino

2 cups boiling water
2 1/2 cups instant mashed potato mix
1/4 tsp. salt
2 Tbsp. butter
1 egg, beaten
2 1/2 cups flour

Mix the first 3 ingredients in a large bowl. Let cool for 10 minutes. Stir in butter and beaten egg. Knead in flour. Work dough on well floured surface; dough is sticky. Roll into long strips, 1/4-inch around. Cut with sharp knife diagonally into 1-inch pieces. Keep well floured until all dough is rolled and cut. Bring large pot salted water to a boil. Drop gnocchi into boiling water; stir carefully a few times. Gnocchi will rise to top. Lower heat. Cook for 10 minutes more; drain. Serve with your favourite tomato sauce.

LINGUINI WITH CLAM SAUCE

Irene Baran

2 large cloves garlic
6 Tbsp. extra virgin olive oil
500 g linguini noodles
2 (5 1/2 oz.) baby clams, canned
1/2 to 1 cup Parmesan cheese
1/4 tsp. hot pepper flakes, optional

Chop garlic finely. In medium saucepan, on medium-low heat, fry garlic in oil until golden. Let cool. Add clams and clam juice. Add hot pepper flakes, if desired. Heat to boiling, then simmer on medium-low 15 to 20 minutes, uncovered. Prepare linguini noodles according to package directions; drain. Do not rinse. Add clam sauce and Parmesan cheese. Serve immediately. Makes 4 servings.

MACARONI AND CHEESE

Selena Zannoni

1 can cream of chicken soup
1/2 cup Parmesan cheese
1/2 lb. cheddar cheese, grated
Cooked macaroni
Butter

Mix soup and Parmesan cheese together. Mix into cooked macaroni. Add half the cheddar and mix. Pour macaroni into casserole dish. Top with remaining cheddar; dot with butter. Bake, uncovered, at 400°F for 25 minutes.

PASTA CARBONATA

Mrs. Pintos

1/2 cup olive oil
6 strips bacon, chopped
1 Tbsp. parsley
1 garlic clove
1 egg, beaten
1 cup Parmesan cheese
1 lb. uncooked linguini

Saute bacon, parsley and garlic in olive oil. Cook linguini in boiling water until tender. After straining, place pasta back in cooking pot. Add egg and toss over low heat. Add sauteed ingredients. Serve immediately.

They soar not high who fear to fall.

PEROGIES

Christine Millar

Dough:
3 cups flour
1 tsp. salt
1/3 cup oil
1 cup warm water

Filling:
8 to 10 potatoes
8 oz. medium cheddar, grated
Parmesan cheese
Pinch salt

Cook potatoes in water (no salt). Mash when cooked (mash plain potatoes). Add remaining ingredients for filling. (Parmesan according to taste, maybe 1/4 cup.) For dough, mix ingredients. Let dough stand for a few minutes. Roll dough thinly and cut out circles. (You could use a drinking glass.) Fill circles with filling. Fold circles to make half circles. Press dough together at half circle sides, making sure no filling can escape. Boil water with a few teaspoons of oil. Put in perogies, one by one, slowly using large slotted spoon. They are done when they rise to top. (Put only 10 to 15 in at one time.) Can be fried in butter and served with fried bacon, onions and sour cream.

SPAGHETTI NEAPOLITAN

Mrs. Theresa Bagnoli

10 ripe tomatoes, skinned & chopped
3 Tbsp. olive oil
1 medium chopped celery
1 small chopped onion
2 garlic cloves
1/4 pt. or 5/8 cup water
Salt & pepper to taste
1 tsp. basil
2 tsp. parsley
Freshly cooked spaghetti
Parmesan cheese

In a saucepan, put tomatoes, oil, celery, onion, garlic, water, salt and pepper. Bring to a boil, then lower heat and simmer for 15 minutes, adding parsley and basil. Simmer for another 30 minutes until sauce has thickened. Cook and drain spaghetti. Put into a serving dish. Add sauce; toss well. Add grated Parmesan cheese and enjoy.

SPAGHETTI PRIMAVERA

Marco Alfano
Grade 6

1/2 cup (125 mL) butter
1 cup (250 mL) sliced fresh mushrooms
1/2 cup (125 mL) slivered green pepper
1/4 cup (50 mL) chopped onion
1 clove garlic, crushed, chopped
1 cup (250 mL) cooked cut up broccoli
1 cup (250 mL) diced seeded tomato
2 Tbsp. (30 mL) chopped parsley
3/4 tsp. (4 mL) dried oregano leaves, crushed
6 oz. (170 g) spaghetti or spaghettini, cooked & drained
Salt & pepper
Grated Canadian Parmesan cheese

Melt butter in medium fry pan. Saute mushrooms, green pepper, onion and garlic until tender. Add broccoli, tomato, parsley and oregano to pan; heat through, stirring occasionally. Spoon vegetable mixture over spaghetti; toss well to coat. Add salt and pepper to taste. Sprinkle each serving with Parmesan cheese. Makes 4 servings.

RICE CASSEROLE

Anne DiFrancesco

2 cups Uncle Ben's rice, washed & uncooked
4 cups cold water
1/2 cup oil
2/3 cup soya sauce
1 tin drained mushrooms
1 pkg. onion soup mix
1/2 cup chopped celery
1/2 cup chopped green pepper

Mix above all together in large casserole dish. Bake at 350°F 1 1/2 hours with lid on. Do not remove lid until done.

QUICK AND EASY RICE

Anne Davis

1 1/2 cups rice
1 tin consomme soup
1 tin onion soup
2 cans mushrooms
1/2 cup chopped almonds
2 Tbsp. margarine or butter

Mix all ingredients in a casserole dish. Top with 2 tablespoons margarine or butter. Cover. Bake at 325°F for 1 hour. Stir twice while baking.

SHARON'S RICE

Michele Czepita

1 1/2 cups rice
1 tin onion soup
1 tin consomme soup
1 tin drained mushrooms
1 green pepper, chopped
2 or 3 small stalks celery, chopped

Mix all above in casserole dish. Add 2 to 3 tablespoons butter. Cover and bake 1 hour at 350°F. Stir twice during that time.

PICKLED EGGS

Susan Bell

2 cups white vinegar
2 Tbsp. sugar
1 tsp. salt
1/2 tsp. pickling spice

Combine ingredients. Bring to a boil and simmer 10 minutes. Put hard boiled eggs in a jar. Pour mixture over them. (Covers 18 eggs.) Let stand at least 2 days.

Flamingo Eggs: Add beet juice to mixture to colour eggs pink.

OVEN FRIED RICE

Maureen Johnstone

2 cups long grain white rice, uncooked
3 stalks celery, chopped fine
1 can mushrooms plus liquid
1/2 cup oil
1 pkg. onion soup mix
1 green pepper, chopped fine
3 Tbsp. soya sauce
3 1/2 cups water

Mix all ingredients. Place in 6-quart casserole. Bake at 350°F 1 1/2 hours.

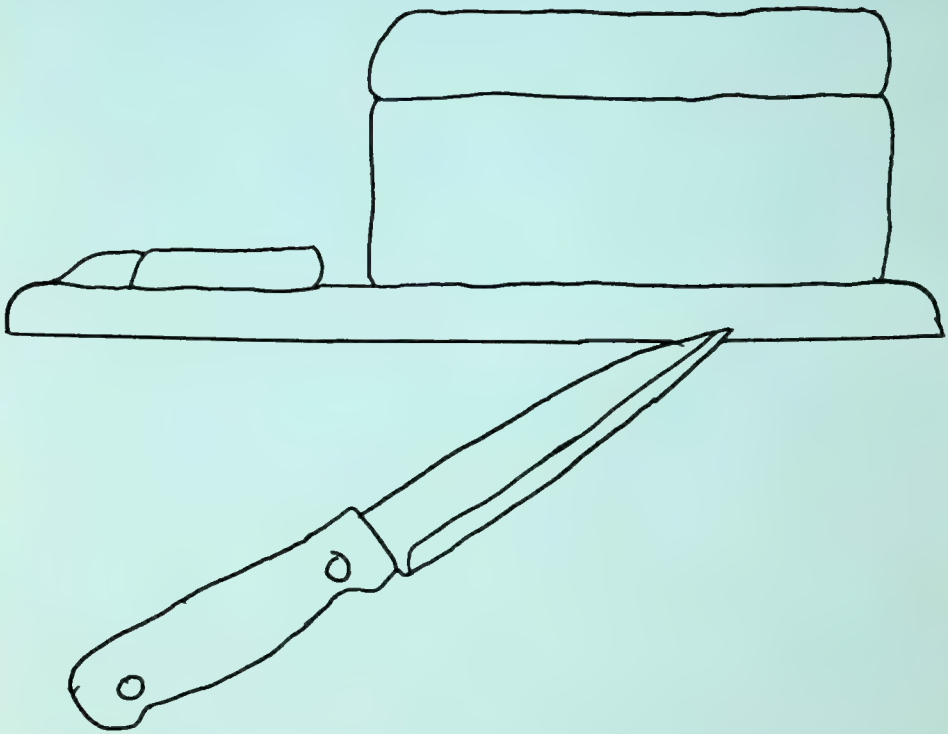
EASY BAKED BEANS

Mirella Wise

2 (14 oz.) cans pork & beans
3/4 cup brown sugar
1 tsp. dry mustard
6 slices bacon, cut in pieces
1/2 cup ketchup

Empty 1 can of beans into the bottom of a greased casserole. Mix the sugar and mustard. Sprinkle half of the mixture over the beans. Top with the remaining beans. Sprinkle rest of sugar/mustard mixture, chopped bacon and ketchup over beans. Bake, uncovered, in slow 325°F oven for 2 1/2 hours. Makes 8 servings. This recipe can be easily doubled.

This recipe was given to me by a Stoney Creek firefighter's wife.



Breads

by: Philip Cote

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Quick Breads		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
Yeast Breads		
Plain loaves	375° - 400°	30 - 45
Plain rolls	375° - 400°	10 - 20
Sweet rolls	375°	20 - 30

CONVERSION OF PAN AND UTENSIL SIZES TO METRIC MEASUREMENTS

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L	20x10x7	8x4x3
	2 L	23x13x7	9x5x3
Round layer cake pan	1.2 L	20x4	8x1½
	1.5 L	23x4	9x1½
Pie Pan	750 mL	20x3	8x1¼
	1 L	23x3	9x1¼
Tube pan	2 L	20x7	8x3
	3 L	23x10	9x4
Spring form pan	2.5 L	23x6	9x3
	3 L	25x8	10x4
Baking dish	1 L		1 qt.
	1.5 L		1½ qt.
	2 L		2 qt.
	2.5 L		2½ qt.
	3 L		3 qt.
	4 L		4 qt.
Custard cup	200 mL		6 fl. oz.
Muffin pans	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1¼
	100 mL	7.5x3.5	3x1½
Mixing bowls	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

BREADS

VERSE

Keep your face to the sunshine and you cannot see the shadow.

BANANA BREAD

Robin McNaughton

3/4 cup shortening
2 well beaten eggs
1 1/2 cups mashed bananas
1 tsp. vanilla
1 cup white sugar
1/2 tsp. salt
1 1/2 tsp. baking soda
1 3/4 cups flour
Nuts, optional

Grease a 5x7-inch pan. Cream shortening, sugar and eggs. Combine mashed banana alternately with sifted dry ingredients. Mix well; add vanilla and nuts, if desired. Bake 1 hour at 350°F.

BANANA NUT BREAD

Mrs. Sharon Ryerson

1 1/2 cups flour
1 1/2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. salt
1/2 cup sugar
2 eggs
1/3 cup corn syrup
3 bananas
1/2 cup crushed walnuts

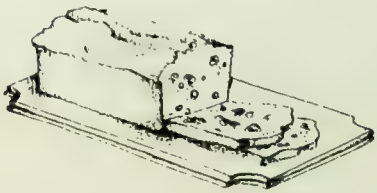
Preheat oven to 350°F. Grease loaf pan. Sift first 4 ingredients. Mix with sugar. Beat eggs; add to corn syrup. Mash bananas. Add liquid to dry ingredients. Beat; add walnuts. Pour batter into loaf pan. Bake 1 hour.

BANANA BREAD

Anne Ferris

1/2 cup butter or margarine
2 eggs
2 cups flour
1 cup white sugar
3 mashed bananas
1 tsp. baking soda

Combine and mix well all ingredients. Bake at 325°F for 1 hour in a large loaf pan.



BANANA AND/OR ZUCCHINI BREAD

Kathy Donn

3 cups flour
3 tsp. cinnamon
1 tsp. baking soda
1 cup nuts
3 tsp. vanilla
2 cups banana or zucchini
2 cups sugar
1 tsp. salt
1 tsp. baking powder
1 cup oil
3 eggs

Sift dry ingredients; add nuts, oil, vanilla and banana or zucchini. Beat eggs; fold into mixture. Bake at 350°F for approximately 1 hour.

BANANA BREAD

Silvana Peranich

2 ripe bananas, mashed well
1/2 cup vegetable oil
2 unbeaten eggs
1 cup sugar
2 cups all-purpose flour
1 tsp. soda
1 tsp. salt

In large bowl, mash bananas, then add vegetable oil, eggs and sugar. Beat well with a slotted spoon. Sift together flour, soda and salt. Sift into banana mixture; mix well. Bake in 9x4-inch loaf pan for 50 to 60 minutes at 350°F. 20 22

COFFEE CAKE

Angela Santucci

3/4 cup margarine or butter
1 1/4 cups sugar
4 eggs
1 tsp. vanilla
3 cups flour
1 1/3 tsp. baking powder
1 1/3 tsp. baking soda
Pinch salt
1 1/2 cups sour cream
1/2 cup walnuts
1/4 cup brown sugar
1 tsp. cinnamon
1 tsp. lemon juice

Combine butter, sugar and eggs; beat well. Add vanilla. Combine flour, baking powder, baking soda and salt. Combine egg mixture and flour mixture; stir. Add sour cream; stir well. Add rest of ingredients. Pour into greased and floured 9x13-inch pan or 10-inch tube pan. Bake at 325°F for 1 hour.

CHERRY COFFEE CAKE

F. Baker

1 3/4 cups all-purpose flour
3/4 cup sugar
1 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
10 Tbsp. butter, melted
1/2 cup milk
1 egg
1 tsp. vanilla extract
1/4 tsp. lemon extract
1 (21 or 22 oz.) can cherry pie filling

Preheat oven to 350°F. Grease and flour 9x9-inch baking pan. In large bowl, with fork, mix 1 1/4 cups flour, 1/2 cup sugar, baking powder, baking soda and salt. To flour mixture, add 1/2 cup melted butter, milk, egg and vanilla. With spoon, beat until well mixed, then pour batter evenly into greased and floured baking pan. In small bowl with fork, combine 1/2 cup flour, 1/4 cup sugar and remaining 2 tablespoons butter until mixture resembles coarse crumbs. Sprinkle half of crumb mixture evenly over top of batter in pan. Stir lemon extract into cherry pie filling, then spread pie filling mixture on crumb mixture in pan. Sprinkle with rest of crumb mixture. Bake 1 hour or until top is golden. Cut into squares.

CINNAMON COFFEE CAKE

Silvana Peranich

1 cup sour cream
1 tsp. baking soda
1/2 cup butter
2 eggs
1 tsp. vanilla
1 3/4 cups flour
1 cup sugar
2 tsp. baking powder
Topping:
1/2 to 3/4 cup brown sugar
1/2 cup nuts
Cinnamon

Mix soda into sour cream; set aside to rise. Beat butter, eggs and vanilla. Combine flour, sugar and baking powder. Combine with butter mixture, adding sour cream mixture last. Put 1/2 batter mixture in pan. Sprinkle topping, then other half of batter, then 1/2 topping. Bake at 350°F for 40 to 45 minutes.

PEAR COFFEE CAKE

Josie DiMarino

3 ripe pears, peeled & sliced (set aside)
Topping:
1/2 cup brown sugar
2 tsp. cinnamon
1 Tbsp. flour
3 Tbsp. oil
1 Tbsp. chopped nuts
Cake Batter:
2 eggs, beaten
1 cup sugar
1/2 cup oil
1/2 tsp. vanilla extract
1 1/2 cups flour
1 Tbsp. baking powder
Pinch salt
1/2 cup orange juice
2 tsp. grated orange peel

Blend topping ingredients with a fork; set aside. In a larger bowl, combine cake ingredients, one at a time, in order, stirring with wooden spoon. Grease and flour 8 to 9-inch square pan. Layer cake, topping, fruit twice. End with topping. Bake at 350°F for 40 minutes.

SOUR CREAM COFFEE CAKE

S. Dunlop

3/4 cup butter, softened
1 1/2 cups sugar
2 eggs
1 tsp. vanilla
2 1/4 cups flour
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 cup sour cream
2 to 4 apples, sliced
1 tsp. cinnamon
2 Tbsp. brown sugar

Cream butter with sugar; add eggs and vanilla. Beat until fluffy. Sift flour, baking powder, baking soda and salt together. Add flour mixture in two portions, alternating with sour cream. Spread half the batter in a greased and floured 9-inch tube pan or 13x9-inch pan. Cover with the sliced apples. Combine cinnamon and brown sugar. Sprinkle half over the sliced apples. Spoon on remaining batter and sprinkle with remaining topping. Bake 45 to 50 minutes at 350°F. Serve warm or cold.

Love warms the heart like sunshine warms the day.

APPLESAUCE MUFFINS

Angela Santucci

1/2 cup unsalted butter, softened
1/3 cup sugar
2 eggs
1 cup applesauce
1 3/4 cups sifted all purpose flour
3 tsp. baking powder
1/2 tsp. salt
1/2 cup chopped walnuts
1 tsp. vanilla

Preheat oven to 425°F. Combine all ingredients and spoon into 12 prepared muffin cups. Bake at 425°F for 20 to 25 minutes.

ALMOND LEMON MUFFINS

Angela Santucci

1 3/4 cups sifted all purpose flour
3 Tbsp. sugar
2 1/2 tsp. baking powder
1/2 tsp. salt
1 egg
3/4 cup milk
1/3 cup unsalted butter, melted
1/2 tsp. lemon extract
1/8 tsp. vanilla
3/4 cup chopped unblanched almonds
2 tsp. grated fresh lemon rind (1 lemon)

Combine all ingredients and spoon into prepared muffin cups. Bake at 425°F for 20 to 25 minutes.

APPLE CINNAMON MUFFINS

Sue Aitken

1/2 cup butter
3/4 cup sugar
1 egg, beaten
1 cup buttermilk
1 tsp. salt
1 1/2 cups apples
1 3/4 cups whole wheat flour
1 tsp. baking soda
1 1/2 tsp. cinnamon

Blend butter, sugar and egg until smooth. Add buttermilk, salt and apples. Mix well. Stir remaining ingredients; add to above. Stir till moist. Bake at 350°F for 20 minutes.

BASIC MUFFIN BATTER

Michael Cosby

1 cup all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/2 cup sugar
1/2 cup milk
1/4 cup melted butter
1 egg

Stir together dry ingredients. Add melted butter and beaten egg to milk. Add liquid ingredients to dry, stirring only to moisten.

To this batter, add anything you have on the shelf - chocolate chips, butterscotch chips, peanut butter chips, fruit, nuts, etc.

BLUEBERRY MUFFINS

Selena Zannoni

1/4 cup butter
1/2 cup sugar
1 egg
3/4 cup milk
1/4 tsp. vanilla
1 3/4 cups plus 1 Tbsp. flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1 cup blueberries

Beat butter and sugar until light and fluffy. Beat in egg, then milk and vanilla. Beat until smooth. Blend 1 3/4 cups flour, baking powder and salt. Add to milk; stir until just moist. Toss berries with 1 tablespoon flour. Fold into batter. Bake 25 minutes at 425°F.

BRAN MUFFINS

Rita Dilorio

3 cups buttermilk
3 cups natural bran
1 cup oil
3 eggs
1 cup brown sugar
1 cup white sugar
1 tsp. vanilla
3 tsp. baking soda
1/4 tsp. salt
1 cup raisins
3 cups flour
3 tsp. baking powder
Optional:
1 cup grated carrots
1 cup chopped walnuts
1 cup chopped apple

Mix buttermilk with bran; let stand while mixing other ingredients. In another bowl, mix well oil, eggs, brown sugar, white sugar. Add vanilla, soda, salt and raisins. Combine all-purpose flour with baking powder. Mix bran mixture with liquid mixture. Quickly mix in, by hand, flour mixture into large bowl of liquid mixture. Add any optional ingredients as desired. Bake in paper cup lined or Pam sprayed muffin tins at 350°F 25 minutes or 325°F for 30 minutes. Makes 3 dozen.

COCO NUTTY RAISIN BANANA MUFFINS

Sue Aitken

1 2/3 cups all-purpose flour
1/4 cup granulated sugar
2 tsp. baking powder
1/2 tsp. salt
1/2 cup plus 2 Tbsp. sliced almonds
1 1/3 cups flaked coconut
1/2 cup raisins
2 small bananas, mashed
1 egg
1/2 cup milk
1/4 cup plus 2 tsp. packed brown sugar
5 Tbsp. melted butter or margarine
1/4 tsp. cinnamon

Mix flour, sugar, baking powder and salt. Stir in 1/2 cup almonds, 1 cup coconut and raisins. Mix in bananas. Beat separately egg, milk, 1/4 cup brown sugar and 3 tablespoons butter. Add to flour mixture just until moist. Spoon into greased muffin tins. Mix together remaining coconut, almonds, butter, brown sugar and cinnamon. Sprinkle over muffins. Bake at 375°F about 25 minutes.

PANNETTONE

Selena Zannoni

4 eggs
1 cup milk
1 1/2 cups oil
1 1/2 cups sugar
1 cup warm water
1 1/2 pkg. yeast
6 cups all purpose flour
1 lemon rind
1 tsp. baking powder
1 Tbsp. anise seeds or 3 oz. anise
2 cups fruit or raisins

Add warm water to yeast and follow directions on package. Beat eggs, milk, oil and sugar together. Add yeast; beat. Mix together flour, lemon, baking powder and anise seeds together. Gradually add to egg mixture; beat each time until thoroughly combined. When dough gets stiff, mix by hand. Knead dough on floured surface for about 10 minutes, adding fruit as you knead. Divide dough in half. Place in greased tube pan. Let rise to top. Bake in 350°F oven for 45 to 60 minutes.

Worry is like a fast getaway on a wooden horse.

RYAN'S SUNDAY FAVOURITE PANCAKES

Mrs. W. Porter

1 1/2 cups all-purpose flour
1 Tbsp. baking powder
1 Tbsp. granulated sugar
1/2 tsp. salt
1 egg
1 1/2 cups milk
2 Tbsp. melted butter or oil

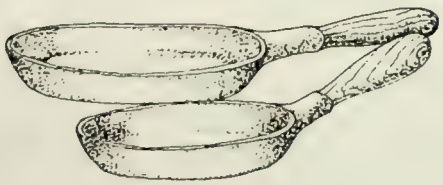
Mix together flour, baking powder, sugar and salt. In separate bowl, beat together egg, milk and melted butter. Add dry ingredients to liquid, mixing until almost smooth. Heat skillet or griddle over medium heat; brush lightly with oil. Pour batter onto griddle using about 1/4 cup for each pancake. When underside is brown and bubbles break on topside, turn over and bake 30 to 60 seconds longer. Serve hot with butter and maple syrup. For interesting shapes, make initials, faces, etc.

PANCAKES

Stephanie O'Brien

1 1/4 cups flour
2 tsp. baking powder
2 Tbsp. sugar
3/4 tsp. salt
1 egg
3 Tbsp. oil
1 1/3 cups milk (or only 1 cup for a thick batter)

Mix first 4 ingredients together in a large bowl. In a separate bowl, mix remaining ingredients. Pour wet ingredients into the dry mixture and mix (not too much, batter will still be a bit lumpy). You may add blueberries for variety at this point. Fry over medium heat on a lightly oiled griddle or frying pan. Serve with maple syrup.



FAST CINNAMON BUNS

Josie DiMarino

2/3 cup butter at room temperature
1 cup lightly packed brown sugar
1/2 tsp. cinnamon
2 cups all-purpose flour
4 tsp. baking powder
1 tsp. salt
1/2 cup shortening
1 cup milk
1 cup chopped pecans

Preheat oven to 425°F. Grease well 12 muffin cups. Stir butter, sugar and cinnamon together until well mixed; set aside. Using a fork, stir flour, baking powder and salt in a large bowl until well blended. Cut in shortening with 2 knives until mixtures resembles coarse meal. Stir in milk. Dough will be very soft. Turn onto a floured counter; knead 10 times. Using a floured rolling pin, roll into a 9-inch square 1/3-inch thick. Spread with butter mixture. Sprinkle with nuts. Roll like jelly roll. Pinch seams well. Bake till golden 15 to 18 minutes. Remove from tins immediately. Serve warm. Makes 12.

YORKSHIRE PUDDING

Maureen Johnstone

1 cup flour
1 cup milk
3 eggs
Pinch salt & pepper

Preheat oven to 425°F. Mix all ingredients until smooth. Grease muffin tins or square cake pan. Melt in oven till grease sizzles. Spoon batter in muffin pan (makes 12). Bake about 20 minutes at 425°F.

YORKSHIRE PUDDING

J. Hendricken

2 eggs, well beaten
1 cup milk
1 tsp. oil
1 cup flour
1/2 tsp. salt

Add flour and milk slowly to beaten eggs. Then add oil and salt; beat well. Pour 1/2 teaspoon oil in each muffin tin (8). Put tin in the oven for 2 minutes to heat oil. Pour batter on top of hot oil. Bake at 475°F for 15 to 20 minutes. Delicious with roast beef dinner.

Difficulties are stepping stones to success.

BABA JACIW'S PIZZA DOUGH

Irene Baran

1 Tbsp. yeast or 1 pkg.
2 cups lukewarm water
3 tsp. sugar
2 eggs
4 Tbsp. shortening
3 Tbsp. oil
1 Tbsp. salt
***Approximately 3 cups all purpose flour**

Put first 3 ingredients in large bowl; let rise 1 hour. Add rest of ingredients, except flour, and stir well. Add flour, 1/2 cup at a time and knead with hands until well blended. *You may need more flour than the amount given. The dough should feel firm but not hard and easy to handle. Knead dough 5 to 10 minutes. Cover with damp cloth and let rise about 2 hours or until doubled in bulk. Grease round pizza pans or square cookie sheets with shortening. Split dough in half, pat and stretch the dough in pans. Add tomato sauce and desired toppings. Bake at 400°F for 15 to 25 minutes or until underneath is golden. Makes 2 pizzas.

QUICK MIXING PIZZA DOUGH

Mary Contardi

2 1/2 cups all purpose flour
1 pkg. Rapidmix or Quick Rise yeast
1 tsp. salt
1 cup hot water
1/4 cup vegetable oil

In large bowl, combine 1 1/2 cups flour with yeast and salt. Pour hot, not boiling, water and oil into flour mixture; mix well. Mix remaining 1 cup flour until dough can be gathered in a slightly sticky ball. On lightly floured surface, knead dough about 5 minutes or until smooth and elastic. Cut dough in half; cover with waxed paper and let rest for 30 minutes or more. On floured surface, roll each into 12-inch circle. Place on lightly greased pizza pan. Stretch dough to fit pan. Leave for about 15 minutes before adding toppings. Place in 450°F oven on lower rack for 16 to 18 minutes.

DESSERTS

DRAWN BY:
JOEY DIBACCO

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Cakes		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 -300
Angel	375°	30 - 45
Sponge	350°	30 - 45
Cookies		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60 then turn off oven and cool
Rolled	350 - 375°	8 - 12
Squares	350 - 375°	20 - 35
Desserts		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
Pastry		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling	350°	12 - 15
in preheated shell	(or)425°	4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

INGREDIENT SUBSTITUTIONS

1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 tbsp.
= 1¼ cups sifted cake and pastry flour
1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1½ tsp. baking powder and ½ tsp. salt
1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
1 tbsp. **cornstarch** (for thickening) = 2 tbsp. flour
= 2 tsp. quick cooking tapioca
1 tsp. **baking powder** = ¼ tsp. baking soda plus ¾ tsp. cream of tartar
1 tsp. **double-acting baking powder** = 1½ tsp. phosphate baking powder or 2 tsp. tartrate baking powder
1 cup **butter** = 1 cup margarine (hard or brick-type)
= 1 cup shortening
1 cup **liquid honey** = 1¼ cups sugar plus ¼ cup liquid
1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
1 cup **buttermilk** or **sour milk** = 1 tbsp. lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)
1 cup **buttermilk** = 1 cup plain yogurt
1 cup **sour cream** = 1 cup plain yogurt
1 cup **milk** = ½ cup evaporated milk plus ½ cup water
1 cup **skim milk** = 3 tbsp. skim milk powder plus 1 cup water
1 cup **cream** = ¾ cup milk plus ¼ cup butter
1 ounce **chocolate** (1 square) = 3 tbsp. cocoa plus 1 tbsp. butter or shortening
1 package **active dry yeast** = 1 tbsp. active dry yeast
1 **whole egg** = 2 egg yolks
1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 tbsp. vinegar
1 clove **garlic** = ⅛ tsp. garlic powder
1 tsp. **dry mustard** = 1 tbsp. prepared mustard
1 small **onion** = 1 tbsp. dehydrated, minced onion
1 tbsp. **fresh herbs** (eg) parsley, oregano = 1 tsp. dried
Juice of 1 **lemon** = 3 to 4 tbsp. bottled lemon juice

RECIPE TO PRESERVE CHILDREN

Take 1 large field
2 or 3 small dogs
1/2 dozen children

A pinch of brook and some pebbles. Mix the children and dogs well together. Put them in the field; stir constantly. Pour the brook over the pebbles. Sprinkle the field with flowers. Spread over all a deep blue sky and bake in the hot sun. When brown, remove and set away to cool in a bathtub.

APPLE CAKE

Christine Millar

Dough:
300 g flour
125 g sugar
150 to 175 g butter (can be mixed with a bit of margarine if wanted)
3 tsp. baking powder
2 egg yolks plus 1 whole egg
Bit of lemon rind
Bit of lemon juice
Pinch of salt
Topping:
4 to 5 Ida Red, MacIntosh apples, sliced
1 Tbsp. cornstarch
Bit of lemon juice
1 pkg. vanilla sugar plus approximately 1/4 cup regular sugar
Pinch cinnamon

Dough: Mix ingredients together with pie crust mixer - will be crumbly and then smooth. Put dough in refrigerator.

Topping: Mix together ingredients.

Grease small springform pan. Roll out 2/3 of dough. Place in springform pan with rims on side (of dough). Brush with egg white. Place in apples. Cover with rest of dough (rolled out). Brush with egg white. Bake at 325°F for approximately 1 hour. Sprinkle with icing sugar when cool.

The grass may be greener on the other side, but it is just as hard to mow.

APPLE CAKE

Mrs. Dianne Hinks

1/2 cup butter or margarine
2 1/2 cups flour
1 cup sugar
1 1/2 tsp. baking powder
2 eggs
1 tsp. vanilla
3 Tbsp. milk
1 can apple pie filling*

Mix all the ingredients, except the fruit filling. Separate the dough in half. Place half dough mixture in square Pyrex dish. Add apple pie filling. Place remaining dough on top. Bake 40 minutes at 350°F.

*You can also use cherry pie filling, blueberry pie filling, etc.

BANANA CAKE

Christine Millar

2 cups sifted cake flour
1 cup sugar
1/2 cup butter
2 eggs
2 tsp. baking powder
1/2 tsp. baking soda
Pinch salt
3 bananas
1/2 tsp. vanilla

Heat oven to 350°F. Grease 7 1/2 x 11-inch baking pan. Sift flour, sugar, baking powder, baking soda and salt into large mixing bowl. Add eggs, butter and half of mashed banana. Beat for 2 minutes on medium speed on mixer. Add remaining bananas and vanilla; beat 2 minutes. Pour into pan and bake approximately 50 minutes or until top springs back when lightly touched in center. Cool.

Top with vanilla icing or powdered icing sugar (sprinkled).

BANANA SPLIT

Susan Bell

1/2 cup melted butter or margarine
2 cups graham cracker crumbs
2 eggs
2 cups icing sugar
3/4 cup soft butter
1 tsp. vanilla
1 (19 oz.) can crushed pineapple, drained
1 large container Cool Whip
1/2 cup nuts
Maraschino cherries & bananas

Make a crust with first 2 ingredients. Press into a 9x13-inch pan. Beat eggs 4 minutes. Add sugar, butter and vanilla; beat 5 more minutes. Pour over crust; chill. When ready to serve, put pineapple and bananas over top. Cover with Cool Whip. Sprinkle with nuts and cherries.

CARROT CAKE

Mrs. Farnell

1 1/2 cups cooking oil
2 cups white sugar
4 eggs
2 cups flour
2 tsp. baking powder
1/2 tsp. baking soda
1 tsp. cinnamon
1/4 tsp. salt
1 tsp. vanilla
2 cups finely grated carrots
Cream Cheese Icing:
1 (8 oz.) pkg. Philadelphia cream cheese, soft
1/2 cup butter or margarine
2 cups icing sugar
1 tsp. vanilla

Beat cooking oil and sugar well with electric mixer. Add eggs, one at a time. Beat after each egg until creamy. Sift dry ingredients; add to first mixture. Beat. Add vanilla. Fold in finely chopped carrots. Grease pans and pour in batter. Bake at 350°F for 35 to 40 minutes or until toothpick comes out clean. Bakes 2 round or one 13x9-inch pan. Cool. Ice with Cream Cheese Icing.

Cream Cheese Icing: Combine; beat well and very smooth. Ice cake.

Sprinkle with chopped walnuts.

CARROT CAKE

Karen Taylor

2 cups white sugar
1 1/2 cups Mazola oil
2 tsp. soda
2 cups all-purpose flour
1/2 tsp. salt
2 tsp. cinnamon
4 egg yolks, beaten
4 egg whites, beaten
3 cups grated carrots
Frosting:
3/4 (1 lb.) box icing sugar
1 (8 oz.) pkg. cream cheese
1/4 lb. margarine
1 tsp. salt
1 tsp. vanilla
1/2 cup chopped walnuts

Cream together sugar and oil; add egg yolks. Mix flour, soda, salt and cinnamon. Add sugar mixture to this. Fold in egg whites and carrots. Bake 45 minutes in two 10-inch layer tins, lined with wax paper, at 350°F.

Frosting: Combine ingredients. Icing will be firmed if kept in fridge for short time.

CHOCOLATE CHIP CAKE

Linda Caputo

3 eggs
1 cup oil
3/4 cup milk
1 1/2 cups sugar
4 tsp. baking powder
3 cups flour
1 tsp. vanilla extract
Chocolate chips, amount optional

Beat altogether. Pour in 9x13-inch pan. Bake for 15 to 20 minutes or until golden at 350°F.

CHERRY CHEESECAKE

Susan Canary

Crust:
2 1/2 cups graham wafer crumbs
1/2 cup white sugar
2/3 cup melted butter or margarine

Filling:
2 small pkg. Dream Whip
1 cup white sugar
1 (8 oz.) pkg. Philadelphia cream cheese, softened

Combine crust ingredients and press into 9x14-inch pan. Bake at 350°F for 6 to 8 minutes. Whip Dream Whip according to package directions. Add sugar and cream cheese gradually; whip till full bodies. Pour over crust. Spread one 19 ounce cherry pie filling over top and refrigerate. (Refrigerate for 24 hours for best results.) Note: Any fruit pie filling may be substituted for cherry filling.

CHERRY CHEESECAKE

Nancy Bozzelli

Crust:
2 cups graham crumbs
1/2 cup melted butter
1 1/2 tsp. sugar
Filling:
2 (8 oz.) pkg. cream cheese
1/4 tsp. salt
1 cup plus 2 Tbsp. sugar
1 cup sour cream
1 tsp. vanilla
2 Tbsp. flour
4 egg yolks
4 egg whites

Crust: Mix ingredients together. Press in 9x13-inch pan.

Filling: Beat cream cheese well; add sugar, flour, salt and vanilla. Beat well. Add well beaten egg yolks. Beat until well mixed. Add sour cream, blending into cream cheese mixture. Fold in stiffly beaten egg whites. Pour over crust. Bake at 350°F for 30 minutes. Leave in oven to cool. Top with cherry pie filling.

PINA COLADA CHEESECAKE

Janet Reddicliffe

1 1/2 cups graham cracker crumbs
1/2 cup flaked coconut, optional
3 Tbsp. butter or margarine, melted
8 oz. crushed pineapple
3 (8 oz.) pkg. cream cheese, softened
3 eggs
1 cup sugar
1 cup sour cream
3 Tbsp. dark rum
2 tsp. coconut extract
Pineapple Topping:
19 oz. undrained crushed pineapple
1/2 cup sugar
1 Tbsp. dark rum
1 Tbsp. cornstarch

Preheat the oven to 350°F. Combine crumbs, coconut and butter in medium bowl. Press onto bottom and sides of 9-inch springform pan. Bake for 10 minutes. Cool. Drain pineapple. In large bowl, beat cream cheese, eggs and sugar. Stir pineapple, sour cream, rum and coconut extract into cream cheese mixture. Pour into prepared crust. Bake 50 to 55 minutes or until set. Cool to room temperature. Refrigerate until chilled. Spread Pineapple Topping over cheesecake just before serving.

Pineapple Topping: In saucepan, combine pineapple, sugar, rum and cornstarch. Cook, stirring constantly, until thickened and clear. Cool.

TIRAMISU (Italian Cheesecake)

Angela Santucci

4 eggs
1/4 cup Tia Maria
1 lb. Mascarpone cheese
1/2 cup sugar
200 g pkg. lady finger cookies
1/2 cup espresso coffee
2 squares semi-sweet chocolate

Separate egg yolks from whites; place in separate bowls. Add liqueur to yolks until blended, then add cheese. Stir until blended. Use high speed on mixer. Beat egg whites until peaks form. Then gradually add sugar until stiff peaks form. Add 1/4 egg whites to cheese mixture. Stir, then add remaining egg whites. Gently fold together; set aside.

Immediately brush both sides of lady fingers with espresso coffee. Place enough lady fingers, flat side down, to cover entire bottom of dish. Add half cheese mixture. Smooth the top. Grate half the chocolate over top. Generously cover entire surface, then add another layer of espresso soaked lady fingers. Top with remaining cheese mixture. Smooth top over with grated chocolate. Refrigerate overnight.

MICROWAVE CREAMY CHEESECAKE

T. Pretto

Cheesecake:
8 oz. cream cheese, softened
1/2 cup sugar
1 egg
1 tsp. vanilla
1 cup sour cream

Graham Cracker Crumb Crust:
1/3 cup butter
1/4 cup sugar
1 1/4 cups graham cracker crumbs

Graham Cracker Crumb Crust: Combine butter and sugar in 4-cup measure. Heat at High 20 to 40 seconds or until butter is melted. Mix in graham cracker crumbs. Pat firmly into 8 or 9-inch pie plate. Bake at Medium 3 to 3 1/2 minutes.

Cheesecake: In a medium bowl, combine cream the cheese, sugar, egg and vanilla until smooth. Stir in sour cream. Cook at Medium for 3 1/2 to 4 minutes; stir twice. Pour cheese mixture into pie crust. Cook at Medium-Low 5 to 7 minutes or until center is almost set. Chill at least 3 hours or overnight.

Chilled pie may be topped with fresh or canned fruit pie filling.

ELIZABETH CAKE

Pat Ordowich

This cake was in commemoration of the coronation of Queen Elizabeth.

1 cup dates
1/4 cup butter
1 egg
1 tsp. baking powder
1 tsp. vanilla extract
1/2 cup walnuts
1 cup sugar
1 1/2 cups flour
1 tsp. baking soda
1/4 tsp. salt
Topping:
3 Tbsp. butter
5 Tbsp. brown sugar
2 Tbsp. cream
1 cup coconut

Pour 1 cup boiling water over 1 cup dates; let stand. Mix butter, egg, baking powder, vanilla, walnuts, sugar, flour, baking soda and salt. Add to date mixture. Pour in 9x13-inch pan. Bake at 350°F until top is brown and inside is not sticky, approximately 50 minutes to 1 hour.

Topping: Mix butter, brown sugar, cream and coconut; boil 2 minutes. Spread on cake. Broil in oven a few minutes until browned.

MEXICAN WEDDING CAKE

Angela Santucci

2 eggs
1 1/2 cups sugar
2 cups flour
1 tsp. vanilla
1/3 tsp. salt
2 tsp. baking soda
1 cup nuts
1 can pineapple
Filling:
1 (3 oz.) cream cheese
1/4 lb. butter
3/4 cup icing sugar

Mix above ingredients in bowl in order, starting at low speed, then moving up to high speed. Spread into a 9x13-inch pan. Bake at 325°F for 40 to 45 minutes.

Filling: Mix together. Spread on cake and let cool. Top with nuts.

PEANUT BUTTER CAKE

Debbie Carty

2 cups flour
1 tsp. salt
3 tsp. baking powder
1 1/3 cups sugar
1 cup milk
2 eggs
1/2 cup shortening
1/3 cup peanut butter
Icing:
1/3 cup peanut butter
1/4 cup margarine
Icing sugar

Cream sugar and shortening together. Sift dry ingredients together. Add eggs to creamed mixture alternately with milk. Pour into greased 8x8x2-inch pan. Bake at 350°F for 30 to 35 minutes.

Icing: Cream margarine and peanut butter together. Add enough icing sugar to spreading consistency.

PLUM CAKE

Nancy Bozzelli

Cake:
1 cup sugar
1/2 cup butter
2 eggs
2 cups flour
2 tsp. baking powder
1 tsp. salt
1 cup milk
20 prune plums, cut in half
Topping:
1/4 cup sugar
1 1/2 tsp. cinnamon
1 Tbsp. melted butter

Spread batter in 9x13-inch pan. Put plums on top, sticking them in lengthwise. Sprinkle topping over cake and bake at 350°F for 40 to 45 minutes.

POPPY SEED CAKE

Darlene Walczak

1 pkg. yellow cake mix
1 pkg. vanilla instant pudding
1/2 cup oil
4 eggs
1 cup water
1/3 cup poppy seeds

Mix cake mix, pudding, oil, eggs and water in mixing bowl. Beat for 2 minutes. Add poppy seeds and beat just until mixed. Spoon batter into prepared bundt pan which is buttered and dusted with flour. Bake 45 minutes or until done. Cool thoroughly in pan and then remove.

SAD CAKE

Miriam Vanderwal

1 cup white sugar
1 cup brown sugar
1 1/3 cups flour
1/2 cup oil
2 eggs
1 tsp salt
1 tsp. cinnamon
1 tsp. baking soda
1 cup rolled oats
Topping:
3/4 cup brown sugar
1/4 lb. margarine
1 Tbsp. milk
1 cup coconut

In first bowl, place rolled oats; pour over 1 1/4 cups hot water. Let stand. In second bowl, mix first 8 ingredients together. Now add first bowl to it; mix well. Pour into 9x13-inch pan. Bake at 350°F for 30 minutes or till golden in colour. When cake is done, leave to cool for a few minutes. In small pot, add first 3 ingredients of topping. Boil for a minute; stir. Now add 1 cup coconut. Now broil in oven for a few minutes till brown.

CARAMEL CORN

Karen Taylor

1 cup block margarine
2 cups firmly packed brown sugar
1/2 cup corn syrup
1 tsp. salt
1/2 tsp. baking soda
1 tsp. vanilla
6 qt. popped popcorn with no butter or salt added

Melt margarine; stir in brown sugar, corn syrup and salt. Bring to boil, stirring constantly. Boil without stirring for 5 minutes. Remove from heat; stir in soda and vanilla. Gradually pour over popped corn, mixing well. Turn out onto two large, shallow baking sheets or pans. Bake in slow 250°F oven for 1 hour, stirring every 15 minutes. Remove from oven; cool completely. Break apart. Makes 24 cups.

SUPER CHOCOLATE FUDGE

Karen Gillis

1 (350 g) pkg. semi-sweet chocolate chips
1 can Eagle Brand sweetened condensed milk
1 1/4 cups (300 mL) icing sugar
Just a pinch salt
1 tsp. vanilla
1/2 cup chopped nuts

In heavy saucepan, over low heat, melt chocolate chips with condensed milk. Stir in remaining ingredients. Spread evenly in waxed paper lined 8-inch square pan. Chill 2 to 3 hours or until firm. Turn pan over onto a cutting board. Peel off wax paper and cut into squares. Makes about 2 pounds.

ROCKY ROAD FUDGE

Mrs. B. Wintonyk

2 cups or 12 oz. pkg. semi sweet chocolate chips
1 can Eagle Brand milk
2 Tbsp. margarine
2 tsp. vanilla
2 cups peanuts
1 (10 oz.) pkg. miniature marshmallows

Melt chips with Eagle Brand and margarine over low heat, or on top of double boiler. Remove from heat; stir in vanilla and nuts. Cool to lukewarm. Place marshmallows in large bowl. Fold in chocolate mixture. Spread in waxed paper lined 9x13-inch pan. Chill until firm, about 2 hours. Remove from pan. Peel off waxed paper. Cut into squares.

5 MINUTE FUDGE

Susan Bell

1 tin Carnation milk (2/3 cup)
1 2/3 cups white sugar
Pinch salt
1 1/2 cups miniature marshmallows
6 oz. Chipits (1 1/2 cups)*
1/2 tsp. vanilla
1/3 cup nuts or coconut

Mix milk, sugar and salt. Boil and simmer 5 minutes, stirring constantly. Remove from heat. Add remaining ingredients. Stir until marshmallows are melted. Pour into a buttered 8x8-inch pan. Cool. *Chipits can be chocolate, vanilla, butterscotch, etc.

QUICK AND EASY TURTLES

Karen Taylor

For variety, almonds, pecans or trail mix may be used!

1/2 lb. soft caramel, purchased or homemade
1 lb. milk chocolate (CC) wafers
1 1/2 cups pecans, almonds or trail mix

Heat caramel in double boiler over hot, not boiling, water until caramel is melted. Melt chocolate wafers in same manner. Line cookie sheet with wax paper. Drop spoonsful of lukewarm coating onto wax paper. Place 3 or 4 nuts or trail mix on each spoonful of coating; let stand until firm. Drop spoonsful of caramel over nuts. Let stand until firm. Cover caramel with spoonsful of melted coatings. Makes 24 to 30 pieces. May be stored one month in tightly covered container or plastic wrap.

PEANUT BUTTER CUPS

Karen Taylor

Peanut butter cup mold
1/4 cup butter
1/2 cup extra crunchy peanut butter
1 1/4 cups confectioners' sugar
1 lb. milk chocolate (CC) wafers

Coat cup mold with melted chocolate. Mix thoroughly the butter, peanut butter and confectioners' sugar. Press into chocolate lined molds and seal with more melted chocolate. May also be formed into balls and dipped into chocolate. Drop a peanut butter center into chocolate, using a fork. Roll the center around until it's completely covered. Lift out center, tap fork against side of pan to remove excess coating and place dipped candy on wax paper. Makes approximately 30 cups.

PEANUT BRITTLE

Brenda Slattery

2 cups white sugar
1 cup salted peanuts
Butter

Cook sugar, in heavy pot, on low heat. Be careful not to burn. When melted, it will be an amber colour. Lightly butter cookie sheet and spread peanuts. Pour sugar over nuts. When cooled, tap with knife to break!

Face the sunshine and you won't see the shadows.

SESAME NUT CANDY

Mariette Russell

1/2 cup peanut butter
1/2 cup honey
1 3/4 cups granola
1 cup sesame seeds

Mix the first 3 ingredients until smooth. Chill the mixture for 10 minutes in the refrigerator. As mixture is chilling, put sesame seeds in large skillet. Heat over moderate heat about 5 minutes, shaking and stirring until they are golden brown. Place seeds on wax paper; cool. Form mixture into balls about 1-inch in diameter. Roll each balls in sesame seeds until it is well coated. Store in a single layer in a covered container in refrigerator.

Preparation time: 15 minutes. Makes 3 to 4 dozen.

NONA BARAN'S PASTERELLE (Italian Cookies)

Irene Baran

4 eggs
1 cup Crisco shortening
1 1/2 cups sugar
1 pouch vanilla or vanilla sugar
6 tsp. baking powder
1 Tbsp. lemon juice
1/2 cup milk
3 1/4 cups all-purpose flour
Grated peel of 1 lemon
Icing sugar

On medium speed of electric mixer, beat eggs, Crisco and sugar until fluffy. Add milk, blending thoroughly. Stir in vanilla, baking powder, flour, lemon juice and peel. Stir well. The cookie dough will be soft. Chill for about 1/2 hour or until it's easier to handle. Roll dough into 1-inch balls. Flatten slightly and roll in icing sugar. Put cookies on greased cookie sheets 1-inch apart. Bake at 350°F for 10 to 15 minutes or until golden. Remove cookies promptly and cool on wire racks.

DOUBLE CHOCOLATE COOKIES

Susan Canary

1 cup butter
1 1/2 cups sugar
2 eggs
2 tsp. vanilla
2 cups flour
2/3 cup cocoa
3/4 tsp. baking soda
1/2 tsp. salt
2 cups chocolate chips

Mix above ingredients together. Make 1-inch balls. Put on ungreased cookie sheet. Bake at 350°F for 10 to 15 minutes. Cool 1 minute, then remove from sheet. Makes 5 dozen.

CHEWY CHOCOLATE CHIP COOKIES *Robin McNaughton*

1/2 cup all-purpose flour
1/2 tsp. baking soda
1/2 cup whole wheat flour
1/2 cup soft butter
3/4 cup sugar
1 egg
1 tsp. vanilla
1 (6 oz.) pkg. semi-sweet chocolate pieces

Stir flour and baking soda together. Add whole wheat flour. Beat butter, sugar, egg and vanilla till fluffy. Gradually stir flour mix in until well blended. Stir in chocolate pieces. Drop by spoonsful to a lightly greased cookie sheet. Bake at 375°F for 12 minutes. Makes about 20 cookies.

CHOCOLATE CHIP COOKIES *Leanne Hendricken*

1 cup shortening
1 cup white sugar
1/2 cup brown sugar
2 eggs
2 cups flour
1/2 tsp. soda
1 tsp. salt
1 tsp. vanilla
1 (6 oz.) pkg. chocolate chips
1/2 cup nuts, optional

Blend shortening, white and brown sugar together. Add eggs; beat till mixed. Add flour, soda, salt and vanilla. Beat only till blended together. Do not overbeat. Stir in chocolate chips and nuts. Drop by spoonful onto cookie sheet. Do not flatten. Bake 8 to 10 minutes at 350°F to 375°F. Makes 4 dozen cookies. Overbaking will make hard cookies which are not as nice.

CHOCOLATE CHIP COOKIES *Silvana Peranich*

2 1/2 cups flour
1 tsp. baking powder
1 cup margarine
3/4 cup brown sugar
1 tsp. vanilla
1 pkg. vanilla instant pudding
2 eggs
1 cup chocolate chips

Mix flour and baking powder. Mix margarine, sugar, pudding, eggs and chocolate chips. Mix well together. Bake at 375°F for 10 minutes.

CHOCOLATE CHIP COOKIES

Paula Forbes

1/2 cup shortening
1/2 cup granulated sugar
1/4 cup brown sugar
1 egg
1 tsp. vanilla
1 cup flour
3/4 tsp. salt
1/2 tsp. soda
1 (6 oz.) pkg. semi-sweet chocolate pieces (3/4 cup)

Cream shortening, sugars, egg and vanilla till light and fluffy. Sift together dry ingredients. Stir into creamed mixture; blend. Add chocolate chips. Drop from teaspoon 2 inches apart on greased cookie sheet. Bake at 375°F for 10 to 12 minutes.

CHOCOLATE COCONUT MACAROONS

Anne Marie Hamilton

1 1/2 cups granulated sugar
5 Tbsp. cocoa
1/2 cup milk
1/2 cup shortening
3 cups Robin Hood oats
1 cup coconut
1 tsp. vanilla
1/4 tsp. salt

Combine sugar and cocoa in saucepan. Add milk slowly. Stir over low heat until sugar dissolves. Bring to a boil; add shortening and oats, stirring briskly. Cook for 1 to 2 minutes, stirring constantly. Remove from heat. Add coconut, vanilla and salt; mix. Drop from teaspoon.

DATE CRISP

Nancy Stark

1 1/2 cups cut up dates
2 eggs
1 cup white sugar
3 cups Rice Krispies
1 tsp. vanilla
1/2 cup chopped walnuts
Shredded coconut

Cook dates, eggs and white sugar in heavy pan until thick. Take off stove; add cereal, nuts and vanilla. Stir well and cool until lukewarm. Shape in balls. Roll in coconut.

There is no cosmetic for beauty like happiness.

EMPIRE COOKIES

Jo-Ann Anderson

1 cup butter or margarine
3 cups flour
1 Tbsp. baking soda
1 egg
1 cup white sugar
1 large Tbsp. cream of tartar
Icing sugar, approximately 1 cup
Raspberry jam
Glazed cherries, optional

Cream together butter and sugar until smooth. Add egg; beat well. Add flour, cream of tartar, baking soda and salt. Turn dough out onto lightly floured board. Roll and cut into thin rounds. Bake at 350°F on greased cookie sheets until lightly browned. When cooled, put raspberry jam between two cookies and ice with thin icing made of icing sugar and a small amount of hot water. Top with a bit of glazed cherry.

OLD FASHIONED SPICY HERMITS

Aunt June

1 cup raisins
1 cup shortening (use half bacon drippings, if desired)
1 1/2 cups brown sugar, packed
3 eggs
3 cups all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
2 tsp. cinnamon
1/2 tsp. ground cloves
1 cup chopped nuts
1 tsp. vanilla

Soak raisins in water for 5 minutes. In a mixing bowl, blend well shortening, sugar and eggs. Add mixed and sifted dry ingredients. Add drained raisins and nuts and vanilla. Drop by teaspoon 2 inches apart on greased cookie sheet. Bake at 375°F for 10 to 12 minutes or until lightly browned. Yield: Approximately 6 dozen.

MEXICAN WEDDING CAKES

Linda Caputo

1 cup butter
3/4 cup icing sugar
1 tsp. vanilla
2 cups sifted flour
1 cup walnuts

Mix, then roll into balls. Bake at 300°F for 25 to 30 minutes.

CHEWY OATMEAL COOKIES

Aunt June (Hicks)

1 cup raisins, chopped
1 cup shortening
1 cup sugar
2 well beaten eggs
2 cups sifted flour
1 tsp. soda
1 tsp. cinnamon
2 cups rolled oats
1/2 cup chopped nuts

Scald and drain raisins. Cook in water until tender. Cream together shortening, sugar and eggs. Sift together flour, soda and cinnamon. Stir into sugar and shortening the raisins with the water they were cooked in. This mixture should be soft enough to drop from the tip of a spoon. If not, add some more water. Drop onto a greased cookie sheet and bake in a hot 400°F oven for about 10 minutes or until a golden brown.

BEST EVER PEANUT BUTTER COOKIES

Kathy Donn

1 cup peanut butter
1 cup sugar
1 egg

Mix together peanut butter and sugar. Add egg; mix well. Roll into small balls. Place on ungreased cookie sheet and flatten slightly with fork. Bake at 350°F for 10 minutes.

PEANUT BUTTER COOKIES

Angela Santucci

1/2 cup shortening
1/2 cup peanut butter
1/2 cup granulated sugar
1/2 cup lightly packed brown sugar
1 egg
1/2 tsp. vanilla
1 1/4 cups flour
1 tsp. baking soda
1/2 tsp. salt

Preheat oven to 375°F. Cream together shortening and peanut butter. Gradually beat in both sugars. Add egg and vanilla; beat well. Blend or sift together flour, soda and salt. Add to creamed mixture; combine thoroughly. Shape dough into balls which are about 1-inch in diameter. Place on greased baking sheets; press down with a fork, which has been dipped in warm water. Bake 10 to 12 minutes. Makes 3 dozen cookies.

Friends are made by many acts - and lost by only one.

PECAN CRESCENT COOKIES

Mary Contardi

1 cup butter
1/2 cup icing sugar
2 tsp. vanilla
2 cups sifted all purpose flour
1/2 tsp. salt
2 cups finely chopped pecans
Red or green food colouring

Cream butter; add icing sugar gradually and beat until fluffy. Add vanilla. Sift together flour and salt; then add to creamed mixture. Fold in pecans. Add food colouring, if desired. Using one tablespoon dough for each cookie, shape in hands to make crescents. Place on ungreased cookie sheet. Bake in a slow 325°F oven for 30 to 40 minutes.

Roll in icing sugar while warm.

SHORTBREAD

Michele Czepita

2 cups flour
1 cup butter
1/2 cup fruit sugar

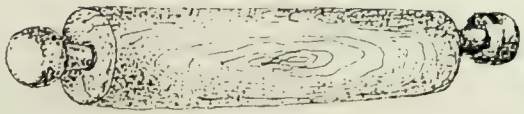
Cream butter until soft. Gradually add fruit sugar; beat until light. Add flour; knead dough until cracks appear on surface. Cut into circles or shapes. Mark with fork on top. Bake at 350°F for 15 minutes.

CUT OUT SHORTBREAD

Anne Marie Hamilton

4 cups Robin Hood all purpose flour
1/4 cup cornstarch
1 lb. butter
1 cup sugar

Spoon or pour flour into dry measure. Level off; pour onto waxed paper. Add cornstarch; stir well to blend. Cream butter; add sugar gradually. Cream thoroughly. Add flour mixture to creamed mixture gradually, mixing well after each addition. Mix well with hands to a smooth dough. Chill dough, if necessary, for easy rolling, about 1 hour. Roll out dough, a portion at a time, on lightly floured surface to 5 millimetres thickness. Cut in desired shapes with floured cutters and place on ungreased baking sheets. Bake at 325°F for 12 to 18 minutes or until light golden.



TEATIME SHORTBREAD

Mirella Wise

2 cups all-purpose flour
1/2 tsp. salt
1 cup sugar
1 cup margarine
1 (3 oz.) pkg. cream cheese, softened
2 eggs
2 Tbsp. grated orange rind
2 tsp. vanilla
1 cup chocolate chips

Sift the flour and salt together. Cream the sugar and margarine. Add cheese, eggs and rind; beat well. Mix in dry ingredients; stir in chips. Drop by teaspoonsful onto greased cookie sheets. Bake in 350°F oven for 12 minutes; cool. Makes about 5 dozen.

My favourite with a cup of coffee.

FLUFFY SHORTBREAD

Aunt June

1 cup butter
1 cup flour
1/2 cup cornstarch
1/2 cup icing sugar
1 tsp. vanilla
Pinch salt

Beat butter until fluffy. Mix dry ingredients together. Add dry ingredients to butter, one tablespoon at a time, beating with electric mixer on low speed. When thick, add vanilla. Drop by teaspoon onto an ungreased cookie sheet and flatten a little. Add a piece of glazed cherry or other decoration on top. Sprinkle with icing sugar if you desire. Bake at 300°F for 15 to 20 minutes or until light brown.

Note: These cookies are very delicate and must be handled gently.

SCOTCH COOKIES

Selena Zannoni

1 lb. butter
5 to 6 cups all-purpose flour
Maraschino cherries
Vanilla icing

Cream butter. Gradually add flour, beating after each addition. When batter gets thickened, beat by hand. Add just enough flour so the batter won't stick to your finger. Roll out dough, sections at a time, using a round cookie cutter or a small glass, cut out cookies. Place on greased cookie sheet. Bake at 350°F for 8 to 10 minutes until slightly golden. When cooled, top with vanilla icing and 1/2 cherry.

SPRITZ COOKIES

Christine Millar

3 1/2 cups flour
1 tsp. baking powder
1 cup sugar
2 whole eggs
1/2 lb. butter (1 cup), room temperature
1 tsp. vanilla

Cream butter thoroughly, approximately 10 minutes. Put in a little bit of sugar, then eggs, mixing all the time, until all sugar and eggs are mixed. Put in flavouring and spices. Mix in flour and baking powder with cooking spoon. Put into cookie press. Put cookies onto greased baking sheet. Use various shapes from the cookie press. Bake at 350°F for approximately 20 minutes. Watch carefully that the cookies don't burn. It will take a little longer for the first batch to bake.

SUNFLOWER SEED COOKIES

Aunt June

1 egg white
1 cup brown sugar
1 1/4 cups shelled sunflower seeds
1 1/2 Tbsp. flour

Lightly grease cookie sheets. Beat egg white until frothy. Add sugar gradually; beat well after each addition. Beat until stiff peaks form. Gently blend in the dry ingredients and seeds. Drop by teaspoon about 2 inches apart on prepared cookie sheet. Bake at 350°F for about 10 minutes.

FRUIT SALAD DESSERT

Mrs. Farnell

1/2 cup sugar
2 Tbsp. cornstarch
20 oz. can pineapple chunks, drained (reserve juice)
1 Tbsp. lemon juice
1 Tbsp. grated orange peel
1/3 cup orange juice
11 oz. can mandarin oranges, drained
2 medium apples, cut up
2 bananas, sliced

Stir sugar and cornstarch together in saucepan. Blend in 3/4 cup pineapple juice, lemon juice, orange peel and juice. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. While hot. pour over fruit. Refrigerate, uncovered, several hours or overnight. Makes 12 to 16 servings.

TWENTY-FOUR HOUR FRUIT SALAD

Maureen Johnstone

2 eggs, beaten
4 Tbsp. sugar
4 Tbsp. vinegar
1 large tin fruit cocktail, well drained
1 large tin pineapple chunks, well drained
2 cups coloured mini marshmallows
1 cup whipping cream
1 apple, diced

Mix eggs, sugar and vinegar in saucepan. Cook, stirring constantly, until thickened. Cool completely. Fold into whipping cream, then fold in well drained fruit, marshmallows and apple. Heap into glass bowl. Cover with plastic wrap. Refrigerate 24 hours before serving.

QUICK CHOCOLATE MOUSSE

Susan Bell

4 eggs, separated
3/4 cup chocolate chips
5 Tbsp. boiling water
2 tsp. vanilla

In small bowl, beat egg whites until stiff but not dry. Put chocolate chips in blender; whirl until powder. Add water; blend until smooth. Add egg yolks and vanilla. Blend 30 seconds. Scrape sides; blend 30 seconds more. Pour chocolate mixture over egg whites. Fold gently and smoothly. Spoon in dishes. Refrigerate. Garnish with whip cream.

TRIFLE

S. Montreuil

1 angel food cake
6 oz. large strawberry Jello
6 oz. large butterscotch pudding, not instant
14 oz. can peaches
14 oz. can pears
Large container Cool Whip

Break up cake into pieces in large bowl. Prepare Jello and pour liquid over cake pieces in bowl. Cut up drained fruit; spread over cake and Jello mixture. Prepare pudding over stove; let cool when finished. Pour cooled pudding over fruit and then refrigerate entire bowl. Add Cool Whip before serving.

I'm on a seafood diet. I see food and I eat it.

CARAMEL ICE CREAM PIE

Anne Ferris

1 1/2 cups chopped salted peanuts
2 Tbsp. melted butter
1 Tbsp. corn syrup
15 vanilla caramels
1/3 cup milk
1 1/2 L vanilla ice cream

Combine and press peanuts, butter and syrup into bottom and sides of 9-inch pie plate. Over low heat, cook and stir caramels and milk until completely melted. Cool slightly. Alternately spoon ice cream and sauce into prepared shell. Wrap and freeze. Remove from freezer 1/2 hour before cutting and serving. Garnish with nuts, if desired.

GERMAN SWEET CHOCOLATE PECAN PIE

Carol Filinski

1 (8 oz.) pkg. cream cheese, softened
1 1/2 cups cold 1/2 & 1/2 cream
1 (4 serving size) pkg. Jello milk chocolate flavour instant pudding
1 L container Cool Whip whipped topping, thawed
1/3 cup chocolate chips
1/2 cup chopped pecans
1 Keebler chocolate ready crust

Beat cream cheese in large bowl with electric mixer, at high speed, until smooth. Add cream; beat at low speed until well mixed. Add pudding mix; beat until well blended, 1 minute. Fold in whipped topping, chocolate chips and pecans. Spoon into crust. Freeze until firm, about 6 hours or overnight. Remove from freezer; let stand about 20 minutes to soften before serving. Store any leftover pie in freezer.

PUMPKIN GINGERSNAP PIE

Carol Filinski

1 1/2 cups half & half cream
1 (4 serving size) pkg. Jello vanilla flavour instant pudding mix
1 L container Cool Whip whipped topping, thawed
1/2 cup chopped pecans
1/2 cup chopped gingersnap cookies
1/2 cup canned pumpkin
1 1/2 Tbsp. pumpkin pie spice
1 Keebler ready-crust graham cracker pie crust

Pour half and half cream into large bowl. Add pudding mix. Beat with wire whisk until well blended, 1 minute. Let stand 5 minutes. Fold in whipped topping, pecans, gingersnaps, pumpkin and spice. Spoon into crust. Freeze until firm, about 6 hours or overnight. Remove from freezer and let stand about 10 minutes to soften before serving. Store any leftover pie in freezer.

BANANA STRAWBERRY CHEESECAKE PIE

Paula Forbes

Crust:
3/4 cup graham cracker crumbs
2 Tbsp. butter
Filling:
1 envelope plain gelatin
1/4 cup apple juice
1/4 cup plain yogurt
1 cup cottage cheese
1 small banana
2 Tbsp. honey
1 cup strawberries (reserve 3)

Crust: Mix crumbs and butter. Press onto bottom and part way up sides of an 8-inch pie pan. Bake at 375°F for 8 minutes; cool.

Filling: Sprinkle gelatin over apple juice in small pot. Let stand 2 minutes to soften. Heat gently until gelatin dissolves. Pour mixture into blender or processor. Add rest of ingredients, except for reserved strawberries. Blend until smooth and pour into prepared crust. Chill until set. Slice reserved berries and garnish pie before serving.

Instruction may end in the classroom,
but education ends only with life.

STRAWBERRY CREAM PIE

Jennifer & Jesse Babineau (Cheryl Babineau)

1 (8 oz.) pkg. Philadelphia cream cheese
1/4 cup granulated sugar
1/2 tsp. vanilla
Dash nutmeg
1 cup strawberry slices
1 cup whipping cream
1/4 cup sifted confectioners' sugar
1 (9-inch) ready crust graham cracker pie crust

Combine softened cream cheese, granulated sugar, vanilla and nutmeg, mixing until well blended. Mash 3/4 cup strawberry slices. Stir into cream cheese mixture. Whip cream with confectioners' sugar until stiff peaks form. Fold into cream cheese mixture. Fold remaining strawberries into cream cheese mixture. Spoon into crust. Chill several hours or overnight. Garnish with additional strawberries.

EASY BROWNIES

Anne Ferris

1 cup brown sugar
1/2 cup margarine
1 egg
1 cup flour
7 Tbsp. cocoa
1 tsp. vanilla
1/2 cup nuts

Cream sugar and margarine in a pot on stove. Add egg; mix. Add flour and cocoa; mix. Add nuts and vanilla. Spread in 8x8-inch pan. Bake at 350°F for 20 minutes.

DINAH SHORE BROWNIES

Selena Zannoni

3/4 cup butter
4 oz. unsweetened chocolate
3 eggs
1 1/2 cups sugar
1 1/2 tsp. vanilla
3/4 cup all-purpose flour
1/2 cup chopped pecans

Melt chocolate and butter together; cool. Beat eggs, sugar and extract until thick. Add cooled chocolate mixture; beat until blended. Mix in flour, then pecans. Turn into greased 8x8x2-inch pan. Spread evenly. Bake at 350°F about 35 minutes. Cut into squares.

PEANUT BUTTER BROWNIES

Connie Arsenault

1/4 cup shortening
2 (1 oz.) squares unsweetened chocolate
1 cup sugar
1/4 cup peanut butter
2 eggs
1/2 tsp. vanilla
1/2 cup all-purpose flour
1/4 tsp. baking soda
1/2 (16 oz.) can ready-to-spread chocolate frosting, about 1 cup
2 Tbsp. peanut butter
3 Tbsp. chopped peanuts

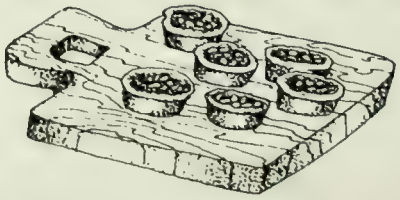
Melt shortening with chocolate; remove from heat. Blend in sugar and 1/4 cup peanut butter. Add eggs and vanilla; beat smooth. Stir together flour, soda and 1/4 teaspoon salt; stir into batter. Spread in greased 9x9x2-inch baking pan. Bake at 350°F for 20 minutes; cool. Mix frosting and 2 tablespoons peanut butter. Spread on cookies. Top with chopped nuts. Cut into bars. Makes 24.

BUTTER TARTS

Dori McKenna

Tart Shells:
2 cups all-purpose flour
4 Tbsp. ice water
3/4 tsp. salt
1 cup shortening
Filling:
1/2 cup syrup
1/2 cup brown sugar, lightly packed
1/4 cup Golden Flavour Crisco
1 egg
1 tsp. vanilla
3/4 cup raisins
1/4 tsp. salt

Prepare your pastry as usual for double crust. Roll out thinly on lightly floured surface. Cut into 4-inch rounds with cutter; fit into medium size muffin tins. Combine all filling ingredients except raisins; mix well. Put raisins into bottom of shells. Fill 2/3 full with mixture. Bake on bottom rack at 425°F for 12 to 15 minutes. Cool on wire racks, then remove from pans.



BUTTER TART SQUARES

Shaena Mahoney

Bottom Layer:
1 cup all-purpose flour
2 Tbsp. brown sugar
1/2 cup butter or margarine
Top Layer:
2 eggs, beaten
1 1/2 cups brown sugar, lightly packed
1 Tbsp. white sugar
1/2 cup rolled oats
1/2 cup chopped nuts
1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. vanilla

Preset oven to 325°F. Combine flour and sugar. Cut in margarine till well mixed and crumbly (bottom layer). Press into an 8x8-inch pan. Bake at 325°F for 15 minutes. Mix remaining ingredients. Pour over baked crumb layer. Return to oven. Bake at 325°F for 15 to 20 minutes or until set. Cool. Cut into squares.

COCONUT JAM TARTS

Susan Bell

2 eggs
3/4 cup sugar
1 tsp. cornstarch
1/4 tsp. salt
1/4 cup melted butter
1 Tbsp. lemon juice
1 tsp. vanilla
1 1/2 cups coconut
Jam

Mix melted butter and sugar; add eggs, cornstarch, salt, lemon juice and vanilla. Mix well; add coconut. Using unbaked tart shells, line tart tins. Put a teaspoon of jam in the bottom of each one. Fill tarts with coconut mixture. Bake at 375°F for 30 minutes or until golden brown.

CHEESE TARTS

Mrs. Farnell

2 (8 oz.) pkg. Philadelphia cream cheese
2 eggs
3/4 cup sugar
1 tsp. vanilla
1 box vanilla wafers

Mix ingredients together. Place wafers in mini paper cups, flat side down, in muffin tins. Fill 3/4 full with mix. Bake at 375°F for 10 minutes; no longer. Cool. Top with cherry pie filling, if desired.

MINI CHEESECAKES

T. Pretto

2 (8 oz./250 g) pkg. cream cheese
2/3 cup sugar
3 eggs
1 tsp. vanilla
1 box vanilla wafers
1 can cherry or blueberry pie filling
Small paper cups

Preheat oven to 350°F. Beat cheese, sugar, eggs and vanilla 5 minutes. Place wafer, flat side up, in paper cup. Add cheese filling 3/4 full. Bake 15 minutes; cool. Top with pie filling.

CHERRY CHEWS

Kerry McIntyre

1 cup sifted flour
1 cup rolled oats
1 cup brown sugar
1 tsp. baking soda
1/4 tsp. salt
1/2 cup butter or margarine
2 eggs
1 cup brown sugar
1/2 tsp. almond flavour
2 Tbsp. flour
1 tsp. baking powder
1/2 tsp. salt
1 cup shredded coconut
1 cup drained, halved maraschino cherries
1/2 cup chopped pecans or walnuts

Mix first 5 ingredients. Add margarine; mix until crumbly. Press into bottom of greased 13 x 9 1/2-inch pan. Bake 10 minutes. Beat eggs; stir in 1 cup brown sugar and almond extract. Mix flour, baking powder and salt separately; add to egg mixture. Stir in coconut, cherries and nuts; blend. Pour over base evenly. Bake at 350°F approximately 25 minutes. Do not overbake. Freezes well and tastes good warm or cold.

No matter what your lot in life
may be, build something on it.

CHOCOLATE ECLAIR SQUARES

Mary Robillard

2 pkg. vanilla instant pudding
1 large Cool Whip
3 cups milk
1 box graham crackers
Topping:
2 squares unsweetened chocolate
1 tsp. corn syrup
3 Tbsp. butter
1 1/2 cups icing sugar
1 tsp. vanilla
3 Tbsp. milk

Spray a 9x13-inch pan with Pam. Line with crackers. Mix pudding and milk in blender; stir in Cool Whip. Pour 1/2 on top of crackers. Then another layer of crackers, followed by another layer of pudding and ingredients. Then top with a layer of crackers again.

Topping: Melt chocolate; mix in corn syrup, butter, icing sugar, vanilla and 3 tablespoons milk. Pour on top of crackers and refrigerate. Cut into squares.

CREAM PUFFS

Mrs. Perez

1 cup water
1/2 cup Crisco shortening
1/4 tsp. salt
1 cup flour
4 eggs, unbeaten

Bring water, shortening and salt to a boil. Stir in flour; cook until dough forms a smooth ball and leaves sides of pan clean. Remove from heat; cool slightly. Add eggs, one at a time, beating well after each addition. Drop by spoonsful on a greased cookie sheet. Bake at 450°F for 10 minutes. Reduce heat to 400°F. Bake 25 minutes more. Cool, slit and fill with whipped cream, custard, chocolate or fruit filling.

DREAM BARS

Mrs. Perez

1/2 cup shortening
1/2 cup brown sugar, packed
1 cup all-purpose flour
Almonds & coconut topping

Heat oven to 350°F. Mix shortening and sugar thoroughly. Stir in flour. Press and flatten with hand to cover bottom of ungreased oblong 13 x 9 1/2 x 2-inch pan. Bake 10 minutes. Spread with topping. Return to oven and bake 25 minutes more, or until golden brown. Cool slightly, then cut into squares.

DELICIOUS HEALTH BARS

Michele Czepita

Fast and easy!

1 cup butter
1 cup brown sugar, packed
1 cup pure sweet chocolate chips
Plain or salted soda crackers, enough to line a 9x12 inch pan

Heat oven to 350°F. Grease a 9x12-inch pan with butter. Line pan with soda crackers. Put 1 cup butter and 1 cup brown sugar in saucepan on medium heat; stir. Then turn up to high and bring to a boil for 3 minutes, stirring constantly. Pour over crackers. Put in oven for 5 minutes. Remove and add chocolate chips on top. Cover with cookie sheet just to melt the chocolate chips. Take off and spread chocolate chips. Enjoy!

HELLO DOLLY (Squares)

Anne DiFrancesco

4 Tbsp. butter
1 cup graham wafer crumbs
1 cup coconut
1 cup chocolate chips
1 cup chopped nuts
1 can Eagle Brand sweetened condensed milk

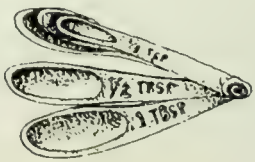
Melt butter in 9x9-inch baking pan. Add in layers (do not mix) crumbs, coconut, chocolate chips, nuts and milk. Bake at 350°F 25 to 30 minutes.

JAM PUFFS

Heather Erdelyi

7 1/2 oz. (212 g) frozen puff pastry
1 egg
5 Tbsp. jam

Thaw pastry. Preheat oven to 425°F (220°C). Roll out dough to 1/4-inch (6 millimetres) thickness. Cut into 2-inch (5 centimetre) rounds with a pastry cutter. Mark centers with a small cutter or bottle lid. Do not cut through. Place on dampened baking tray. Brush with beaten egg. Bake for about 10 minutes till risen and golden. Cool on wire rack. Remove centers and put a heaped teaspoon of jam in each. Use centers as pastry lids, if you like. Serve warm. Yields: 12.



MAGIC FINGER JELLO

Carol Jurcich

2 envelopes unflavoured gelatin
2 1/2 cups water
1 (6 oz.) pkg. Jello or 2 (3 oz.) pkg.

Dissolve unflavoured gelatin in 1 cup cold water; set aside. Bring 1 cup water to boil in saucepan; add Jello. Bring to boil; remove from heat. Add gelatin mixture. Stir and add 1/2 cup cold water. Pour into pan previously sprayed with Pam. Set in refrigerator until solid, about 2 hours. Cut into squares or use cookie cutter. Store in refrigerator in an airtight container.

LEMON FLUFF

Susan Bell

1 small pkg. lemon Jello
3/4 cup boiling water
1 large can Carnation milk
1/2 cup sugar
1 Tbsp. lemon juice

Combine Jello and boiling water; let set lightly. Beat Carnation milk until stiff. Add Jello, sugar and lemon juice.

Pour over a 9x13-inch graham cracker crust and chill.

LEMON GRAHAM SQUARES

Mary Contardi

Graham wafers
1 can Eagle Brand milk
Juice of 2 lemons

Grease an 8x8-inch pan. Place 1 layer graham wafers (not rolled), 1 layer lemon filling, 1 layer graham wafers, 1 layer lemon filling and 1 layer wafers.

Ice with butter icing, using warm milk. Keep refrigerated.

Lemon Filling: Mix Eagle Brand milk with juice of 2 lemons.

Love doesn't make the world go round,
but it certainly makes the ride worthwhile.

LEMON BARS

Connie Arsenault

1 cup all-purpose flour
1/4 cup sifted powdered sugar
1/2 cup butter or margarine
2 eggs
3/4 cup granulated sugar
1/2 tsp. shredded lemon peel
3 Tbsp. lemon juice
2 Tbsp. all-purpose flour
1/4 tsp. baking powder
Powdered sugar

Stir together 1 cup flour and 1/4 cup powdered sugar. Cut in butter until mixture clings together. Pat into ungreased 8x8x2-inch pan. Bake at 350°F for 10 to 12 minutes. In a mixer bowl, beat eggs. Add granulated sugar, lemon peel and juice. Beat until slightly thick and smooth, 8 to 10 minutes. Stir together 2 tablespoons flour and baking powder; add to egg mixture, blending just until moistened. Pour over baked layer. Bake at 350°F for 20 to 25 minutes. Sift powdered sugar over top. Cool; cut into bars. Makes 20.

NANAIMO BARS

Kathy Buckley

First Mixture:
1/2 cup butter
1/2 cup chopped nuts
1/2 cup white sugar
2 cups graham wafers, rolled
1 cup fine coconut
1 egg, beaten
3 Tbsp. cocoa

Second Mixture:
1/4 cup butter
1 1/2 cups icing sugar
2 Tbsp. vanilla powder
2 Tbsp. hot water

Third Mixture:
3/4 box semi-sweet chocolate squares

First Mixture: Put butter, sugar and cocoa in double boiler; stir until smooth. Add beaten egg and vanilla. Remove from heat; add graham wafer crumbs, coconut and nuts. Spread in greased 8x8-inch pan. Set in fridge.

Second Mixture: Mix ingredients together. Spread over hardened first mixture.

Third Mixture: Melt chocolate squares till runny. Pour over second mixture. Put into fridge to harden.

PEANUT BUTTER CUPS

Elvira Nocita

Melt 1/2 pound butter or margarine. Add 1 3/4 cups graham cracker crumbs, 1 cup peanut butter and 2 1/2 cups icing sugar. Mix together and spread in 9x13-inch pan. Melt 2 cups chocolate chips; spread over peanut butter mixture. Refrigerate until hard.

This recipe is very rich. Usually I cut everything in half and use 8x8-inch pan.

PINEAPPLE-CHERRY SQUARES

Kathy Buckley

1 can crushed pineapple
1 can cherry pie filling
1 box yellow cake mix
Nuts, crushed
1/2 cup butter

In a 9x13-inch pan, spread evenly crushed pineapple. Pour cherry pie filling over top; spread. Sprinkle dry yellow cake mix over top of both mixtures. Drizzle butter over top. Sprinkle crushed nuts on top. Bake at 350°F for 1 hour.

SWEET MARIE BARS

Susan Bell

1/2 cup peanut butter
1/2 cup brown sugar
1/2 cup corn syrup
1 Tbsp. butter

Melt together over low heat. Mix in 4 cups Rice Krispies. Press into a well greased 8x8-inch pan; refrigerate.

Top with chocolate icing, if desired. Cut into squares.

Worry never robs tomorrow of its sorrow,
it only saps today of its strength.

WALNUT SQUARES

Debbie Carty

Layer 1:
1/3 cup shortening
1/3 cup icing sugar
1 egg yolk
1 1/3 cups sifted flour
1 tsp. vanilla
Layer 2:
2 eggs
2 Tbsp. flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1 cup coconut
1/2 cup chopped walnuts
Icing:
1 1/2 cups icing sugar
2 Tbsp. butter
2 Tbsp. orange juice
1 tsp. lemon juice

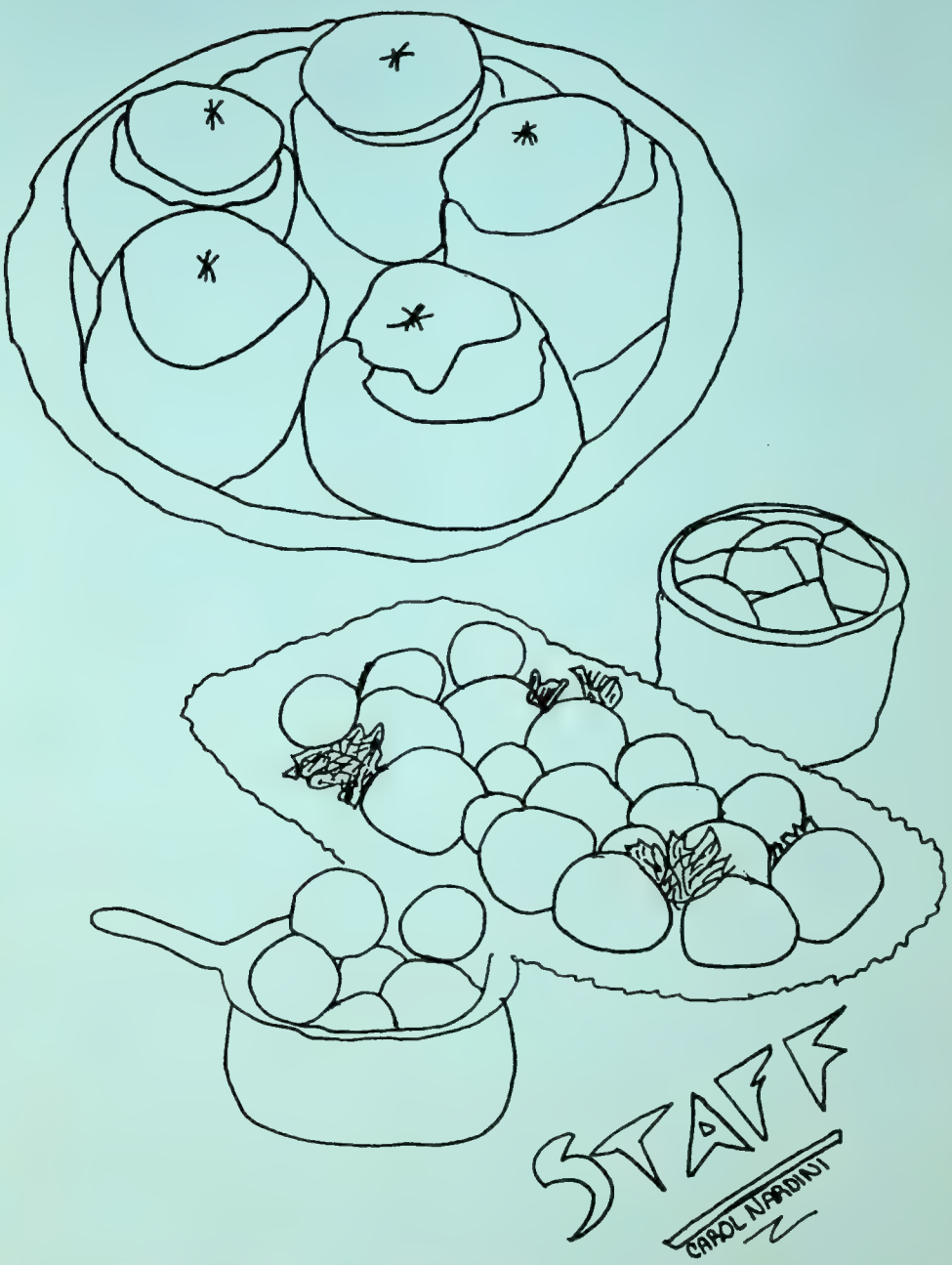
Layer 1: Blend thoroughly and press into lightly greased 8-inch pan. Bake at 400°F for 12 minutes.

Layer 2: Beat eggs; add remaining ingredients. Spread over baked crust and continue baking 25 to 30 minutes at 350°F.

Icing: Blend well and spread over squares when cool. Cut into squares.

CAKE MIX COOKIES

2 Eggs - 1 Tbsp Flour
& 1/3 Cup oil - to 18oz mix
DROP INTO 1" MOUNDS &
bake at 350° for 8 min.


STAFF
CAROL NARDINI

FANCY PARTY SANDWICHES

For mixed receptions and parties, allow 2 slices bread or 3 to 4 small sandwiches per person*

For ladies tea parties or showers, allow 1 to 1½ slices bread or 2 to 3 small sandwiches per person*

Bread: Approximate number of slices (crusts removed) from loaves

Bread	⅜-inch slices	½-inch slices
16-ounce loaf	20	16
20-ounce loaf	22	18
24-ounce loaf	25	22

Butter: Allow ¼ lb. per 24-ounce loaf.

Filling: To make filling for one 24-ounce loaf allow:

2½ cups chopped meat or poultry
12 hard-cooked eggs
¾ lb. thinly sliced meat or cheese
10 to 12 ounces peanut butter or jam
¾ lb. cream or soft cheese
2-7 oz. tins fish

— Use about 2-3 large loaves of bread to make small sandwiches (depending on the size of sandwiches for 50 people).

— Make various fancy shaped, checkerboards, ribbon, pinwheel, wagon wheel and roll-up sandwiches.

— Use flavored butters and attractive garnishes.

— For rolled sandwiches, use bread that is very fresh, so that slices will not crack when rolled

— Chill bread to facilitate slicing thinly.

— Soften butter and beat it until soft and fluffy, to make it easy to spread.

— Prepare sandwiches in advance, wrap tightly in wax paper and refrigerate before slicing.

*depending on what other food is being served, age group, time of day, etc.

MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts of the food to the center.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heating.
- Allow standing time to complete the cooking of roasts and baked products.
- Shield wings or legs of poultry with small pieces of aluminum foil to prevent overcooking of these parts.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

STAFF

VERSE

We love to talk and eat,
Our cooking can't be beat,
Recipes you find in here,
Are ones we hold so very dear,
So measure up, we'll teach you how,
And enjoy this food - it's homemade chow!

CRAB ROLLS

Mrs. Matthews

1/4 lb. Velveeta Cheese
1/4 cup butter
1 (5 oz.) can crab
1/8 tsp. salt
1/16 tsp. pepper
1 loaf white sliced bread
Butter, melted

Put cheese and butter into saucepan. Melt over low heat. Add crab, salt and pepper; mix well. Remove from heat. Remove crusts from bread slices. Using rolling pin, roll each slice quite thinly. Spread with crab mixture, Roll up, jelly roll style. Chill or freeze.

To Serve: Brush with melted butter. Slice each roll into 3 pieces. Place on ungreased baking sheet. Bake in 400°F oven for about 15 minutes until toasted. Makes 48.

RAREBIT IN A HOLE

MaryAnn Matthews

2 1/2 cups grated cheddar cheese
1/4 cup sour cream
1 to 2 cloves garlic, chopped
2 tsp. Worcestershire sauce
1 tsp. dry mustard
Dash cayenne pepper
Round loaf of rye, sourdough or pumpernickel bread

Combine all ingredients except bread; set aside. Slice top off loaf (best done when slightly frozen). Using a sharp knife, slice around rim, leaving 1/2-inch sides. Pull out bread and cut into 1-inch cubes. Put in plastic bag until ready to serve. Fill bread with cheese mixture. Wrap with foil and bake at 400°F for 15 minutes or until bubbly. Place on a platter and serve with bread cubes around loaf.

FRESH VEGETABLE DIP

Deanna Dawson

1 (16 oz.) jar Hellmann's salad dressing
1 1/2 cups sour cream
1/2 tsp. lemon juice
3/4 tsp. paprika
3/4 tsp. parsley
2 Tbsp. chopped green onions
1/2 tsp. curry
1/2 tsp. Worcestershire sauce
1/2 tsp. garlic salt

Combine salad dressing and sour cream together; add all other ingredients, one at a time. Mix well. Let chill for 3 hours.

SEAFOOD MOLD

Mary Gillen

2 cans crabmeat
1 can cream of mushroom soup
18 oz. pkg. soft cream cheese
1 cup mayonnaise
1 envelope unflavoured gelatin
1 cup chopped green onions
1/2 cup chopped celery

In a saucepan, melt cream cheese with mushroom soup. Dissolve gelatin in 1/4 cup hot water. Add gelatin and remaining ingredients to soup mixture; stir thoroughly. Pour into a 6-cup mold (spray interior with Pam). Refrigerate overnight.

Unmold and place over lettuce. Serve with crackers.

TACO SALAD

Sandi Annibale

1 large pkg. cream cheese
1 jar taco sauce (mild, medium or hot)
1 red pepper, chopped fairly fine
1 green pepper, chopped fairly fine
1 Spanish or cooking onion, chopped fairly fine
Shredded Lettuce
Shredded medium cheddar cheese

On a large plate, put the cream cheese at the bottom (cheese should be soft). Spread it out 1/2-inch thick. Spread 1/4 jar of taco sauce over cream cheese. In a separate bowl, put chopped up green and red peppers and onions. Add 1/4 jar of taco sauce; let sit for 10 minutes. Spread this mixture over the cream cheese. Place shredded lettuce on top of the mixture, then the remainder of the taco sauce is poured over it. Spread the shredded cheese on top.

Use nacho chips for scooping up the mixture.

COLESLAW DRESSING

Janice Funay

1 cabbage
1 or more carrots
1 or more green peppers
1 or more celery
Green onions
3/4 cup white sugar
2/3 cup oil
1 cup white vinegar

Bring sugar, oil and vinegar to a boil on stove. Pour over salad ingredients. Let cool. Put in refrigerator.

Prepare 24 hours ahead of time. Lasts 2 to 3 weeks in refrigerator!

DIANE'S SALAD DRESSING (Italian Style)

Diane Morelli

3/4 cup olive oil
1/8 cup white vinegar
1/8 cup wine vinegar
1 Tbsp. salt
1 tsp. pepper
1 tsp. Italian seasoning
1 tsp. Dijon mustard
1 clove garlic, crushed fine
1 tsp. sugar
1 tsp. lemon juice, optional

Combine all ingredients and shake well. Keep refrigerated.

CREAM OF BROCCOLI SOUP

Mrs. D. Morelli

1 bunch broccoli
2 Tbsp. butter
1 onion, chopped
1 stalk celery, chopped
2 cups chicken broth
3 Tbsp. butter
3 Tbsp. flour
2 cups milk
1/2 tsp. salt
1/4 tsp. pepper

Trim the broccoli; wash. Cut into flowerettes. Chop the stalks. Melt 2 tablespoons butter in saucepan. Saute onion and celery until tender, about 8 minutes. Add broccoli stalks and chicken broth. Cover and simmer 5 minutes. Add flowerettes and continue to cook 10 minutes or until tender. Remove from heat; puree vegetables and broth in blender. Heat remaining butter in pan. Stir in flour; gradually add milk, salt and pepper, stirring over medium heat until sauce thickens and bubbles. Combine broccoli puree with sauce and heat through. Makes 6 servings.

PEA SOUP

E. Kelly

1 lb. yellow or green dried split peas
3 qt. cold water
Ham bone
1 cup celery
2 cups raw potato
1 large onion
3 carrots
1 Tbsp. salt
1/4 tsp. pepper
1/2 tsp. sage or savory
1 small can tomatoes, optional

Boil first 4 ingredients for 2 hours, covered. Remove bone; add remaining ingredients. Boil 2 more hours, covered.

PASTA E FAGIOLI

Diane Morelli

3 to 4 Tbsp. olive oil
5 cloves garlic, finely chopped
2 large onions, finely chopped
6 carrots, sliced
1/2 tsp. chili peppers, crushed
6 cups homemade chicken stock
2 cans plum tomatoes, rinsed
3 (19 oz.) cans kidney beans, drained
2 (19 oz.) cans chick peas, rinsed & drained
12 oz. small pasta shapes
Salt & freshly ground pepper
Freshly grated Parmesan cheese, preferably Parmigiana Reggiano

In large saucepan, heat oil. Add garlic, onions, carrots and chili. Cook, stirring, until tender. Do not brown. Add chicken stock and tomatoes with their liquid; break up tomatoes with wooden spoon. Bring to boil. Reduce heat, partially cover and simmer 30 to 45 minutes. Stir in beans and chick peas. Cook 5 to 10 minutes. Using a processor or blender, puree half the mixture and return it to the pot. Return to boil and gradually stir in pasta. Stir often until pasta is tender. Season with salt and pepper to taste. Serves 8. Sprinkle generously with Parmesan cheese.

Before you put your foot down, be sure you have a leg to stand on.

BONELESS CHICKEN

Sandi Annibale

1/2 cup butter, room temperature
2 Tbsp. chopped parsley
1 tsp. marjoram
1/2 tsp. thyme
1/4 lb. mozzarella
1/2 cup flour
2 eggs
1 cup fresh breadcrumbs
1/2 cup dry white wine
4 medium chicken breasts

Preheat oven to 350°F. Chicken is placed between wax paper and pounded till 1/8-inch thick. Remove top layer; salt and pepper. Spread with 1/2 butter. Blend remaining butter (melted) and spices; set aside. Cut cheese into 6 sticks and place in breast. Roll like jelly roll and tuck in ends. Roll lightly in flour. Dip in egg, then in breadcrumbs. Butter baking dish. Put in oven. Pour melted butter and spices over chicken. Bake 20 minutes. Pour wine into baking dish, basting 15 to 25 minutes.

RICE CASSEROLE

Anna Greco

1 can cream of chicken soup
1 pkg. frozen chopped broccoli
1 cup rice (half cooked)
1/2 cup green peppers, chopped
1/2 cup onions, chopped
1/2 cup celery, chopped
250 mL jar Cheez Whiz

Fry the peppers, onions and celery in vegetable oil. Cook the rice (half cooked). Mix the soup and cheese together in a bowl. Add the broccoli, rice and vegetables; mix well. Place in casserole dish. Bake at 350°F for 15 minutes - no longer.

FRANK'S COFFEE CAKE

Mrs. Balis

Cake:
5 eggs, room temperature
3 cups flour, very level
1 tsp. vanilla
3/4 to 1 cup sugar
1 tsp. baking powder
1 tsp. baking soda
1/2 cup butter
1/2 cup shortening
1/2 pt. sour cream
Streudel Topping:
1/2 cup chopped walnuts
1/2 cup sugar
1 tsp. cinnamon
1 square semi-sweet chocolate, grated

Cake: Preheat oven to 350°F. Grease coffee cake or bundt pan. Cream butter and shortening with sugar. Add one egg at a time, beating well. Add vanilla. Add dry ingredients, alternating with sour cream.

Streudel Topping: Mix well, then put 1/3 of dough mixture into greased bundt pan. Sprinkle 1/3 of streudel topping. Continue alternating 1/3 dough mix and 1/3 topping till complete. Bake at 350°F for 1 hour.

FRENCH CREPES

Rosemary Jamieson

2 eggs, beaten
1/2 cup milk
1/2 cup water
3/4 cup flour
1 Tbsp. butter
2 Tbsp. sugar
2 Tbsp. cognac
1 tsp. vanilla
Dash salt

Add liquids to beaten eggs. Gradually pour in flour, stirring constantly with a wire whisk or fork until smooth. Add butter and salt. Mix until smooth. Batter should be like fresh cream. Use well-oiled pan for cooking. Pour batter sufficient to fill bottom of pan in a thin layer. Place waxed paper between crepes for easy stacking. Serve, rolled, with maple syrup or filled with fresh fruit and topped with whipped cream. Makes 8 to 10 crepes.

The greatest of faults is to be conscious of none.

AMARETTO CHEESECAKE

M. van der Zalm

Crust:
1 1/4 cups chocolate wafer crumbs or graham cracker crumbs
2 Tbsp. sugar
1/4 cup melted butter or margarine
Filling:
1 lb. cream cheese (two 8 oz. pkg.)
1/2 cup granulated sugar
2 large eggs
6 oz. semi-sweet chocolate, melted & cooled
1/2 tsp. almond flavouring
1 tsp. vanilla
1/3 cup Amaretto
2/3 cup sour cream

Crust: Combine and press into bottom and up the sides of a springform pan. Chill.

Filling: Beat cheese till smooth; beat in sugar. Beat in eggs, one at a time. Add chocolate, flavourings, Amaretto and cream. Beat until blended. Bake at 300°F for 1 hour. Turn off heat and leave in oven for 1 hour. Chill for 24 hours.

MUMMY'S MELTING MOMENTS

Janice Funay

2 cups flour
1 tsp. baking soda
2 tsp. cream of tartar
1/4 tsp. salt
1 cup shortening
3/4 cup brown sugar
1 egg
1 tsp. vanilla
Chopped walnuts

Sift flour, soda, cream of tartar and salt together. Cream shortening; add sugar. Beat eggs; add to shortening. Add sifted mixture. Add vanilla. Form into balls. Put on greased cookie sheet. Place nut on top of each cookie. Bake at 350°F for approximately 20 minutes.

JERRI LEA'S SHORTBREAD COOKIES

Janice Funay

1 cup butter
1 cup flour
1 cup cornstarch
1/2 cup icing sugar

Sift dry ingredients; cut in butter with pastry cutter or knives. Mix with spoon. Roll into balls. Press on cookie sheet with fork. (I dip my fork in sugar first.) Bake at 300°F for 10 to 15 minutes. Check to see bottoms very lightly browned.

BAVARIAN APPLE TORTE

Diane Morelli

Crust:
1/2 cup margarine or butter
1/3 cup sugar
1/4 tsp. vanilla
1 cup all-purpose flour
Filling:
1 (8 oz.) Philadelphia cream cheese
1/4 cup sugar
1 egg
1/2 tsp. vanilla
Topping:
1/3 cup sugar
1/2 tsp. cinnamon
4 cups sliced apples
1/4 cup sliced almonds

Crust: Cream margarine, sugar and vanilla. Blend in flour. Spread dough on bottom and sides of 9-inch springform pan.

Filling: Combine softened cream cheese and sugar, mixing well. Add egg and vanilla, mixing well. Pour into pastry lined pan.

Topping: Combine sugar and cinnamon. Toss apples in it. Spoon over cream cheese layer. Sprinkle on almonds. Bake at 450°F for 10 minutes. Reduce temperature to 400°F for 20 more minutes.

Cool before removing rim. Makes 8 to 10 servings.

APPLE STREUSEL PIE

E. Kelly

1/2 cup sugar
1 Tbsp. flour
1/2 tsp. cinnamon
Few grains salt
6 cups pared & sliced apples
3/4 cup brown sugar
1/2 cup sifted flour
1/4 cup butter

Mix together first 4 ingredients. Toss with apples. Place in unbaked pastry shell. Combine sugar, flour and butter. Sprinkle over pie filling. Bake at 425°F for 35 to 40 minutes.

CENTENNIAL SQUARES

Janice Funay

1/4 lb. margarine, not butter
1 cup graham cracker crumbs
1 cup desiccated coconut
6 oz. pkg. "real" chocolate chips (I use Chipit brand)
1 can sweetened condensed milk
Crushed nuts

Melt the margarine on the stove in an 8x8-inch pan or 9x9-inch pan; be careful not to burn the butter. Remove from stove. Sprinkle in cracker crumbs. Mix; flatten. Sprinkle coconut, chocolate chips and nuts (in that order). Pour condensed milk over. Bake at 350°F 30 minutes. Cut into squares; refrigerate.

LEMON SQUARE DESSERT

N. Ellison

Bottom:
1 cup melted butter
1/2 cup icing sugar
2 cups flour

Topping:
4 eggs, well beaten
2 cups sugar
1 tsp. baking powder
6 Tbsp. flour
Juice of 3 lemons (1/2 cup)

Bottom: Mix; pack into 9x13x2-inch cake pan. Bake 20 minutes at 350°F.

Topping: Beat all ingredients together and pour over baked crust. Bake another 25 minutes at 350°F.

When cool, sprinkle with icing sugar through a sieve.

Humility is a strange thing - the minute you think you've got it, you've lost it.

ANNABELLE'S DELIGHT

M. van der Zalm

Bottom:
1 to 1 1/2 cups flour
1/2 cup butter
2 Tbsp. sugar
Center:
1 (8 oz.) pkg. cream cheese, softened
2/3 cup sugar
1/2 large container Cool Whip
Top:
2 small pkg. chocolate instant pudding or 1 large
2 1/2 cups milk

Bottom: Mix; spread in ungreased 9x13-inch pan. Bake 12 to 15 minutes in 350°F oven. Cool. Over this, spread center layer.

Center: Mix sugar into cheese. Whip cream and add. Over this spread top layer.

Top: Mix pudding and milk together. Place on center layer.

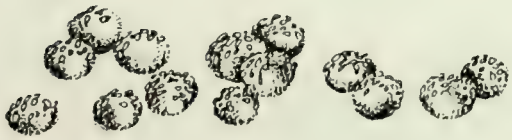
Top with 1/2 large Cool Whip or whipped topping. Refrigerate.

MOCHA BALLS

Sandi Annibale

2/3 cup butter
1 1/4 cups icing sugar
6 squares semi-sweet chocolate, melted & cooled
1 egg yolk
1 tsp. instant coffee
1 Tbsp. rum

Cream butter; add egg yolk, icing sugar, coffee and rum. Add chocolate to above. Chill in the refrigerator for few hours. Take spoonful; roll into balls with hands. Roll in chocolate bits and/or coconut. Keep refrigerated.



HELPFUL HINTS

1. To make cake and pastry flour, measure one cup all purpose flour. Remove 2 tablespoons and add 2 tablespoons cornstarch. Sift and you have cake flour.
2. Melted chocolate - place chocolate pieces in a ziplock bag and boil.
3. To clean blender, fill it less than half with water. Add a few drops dishwashing liquid and run on high speed ten seconds, then rinse.
4. To make buttermilk, substitute one cup regular milk and one tablespoon lemon juice or vinegar for one cup of buttermilk.
5. Dish soap is good for soaking white socks overnight.
6. Too much spice? Add a teaspoon each of sugar and vinegar. Vinegar can also be substituted with lemon juice.
7. Accent mixed with water to make a paste helps take the sting out of bee stings.
8. If you put a lemon in the microwave on High for one minute before cutting, you will get three times more juice.
9. To remove water rings from wood furniture, dampen a soft cloth with water and put a dab of toothpaste on it.
10. Brown sugar will not harden if kept in a plastic container in the freezer.
11. To remove bad kitchen odours, burn three or four orange peels in a fry pan.
12. Baking soda poured on a carpet grease stain allowed to set awhile will soak grease right up.
13. Mash over ripe bananas. Add a little lemon juice and freeze. Use later in breads or cakes.
14. To remove ink stains from clothing, saturate stain with hairspray. Rub with a clean dry cloth.
15. When replacing windows in tracks, after cleaning, wear non-slip gloves to avoid smudges and fingerprints.
16. Shaving cream for stains on rugs or upholstery.
17. To chop onions without tears, put onions in freezer for one hour before chopping.

....over

18. Before cooking broccoli, Brussels sprouts or asparagus, cut an X into ends of stalks. This way stalks cook as fast as flowerettes.
19. Moisten a tangled chain with vegetable oil before untangling it with two straight pins.
20. A piece of white chalk in your jewellery box will keep costume jewellery from tarnishing.
21. Sew button holes on children's clothing with dental floss, it's tougher than thread.
22. To renew an old zipper, spray heavily with starch.
23. Rub a bar of softened soap on windows before painting window panes. Paint will wipe off when done.
24. When gum gets in hair, rub with peanut butter.

INDEX

APPETIZERS & BEVERAGES

Verse 1
Crabmeat Spread 1
Crabby Stella's Seafood Spread 1
Crab Dip 1
Crabmeat Cracker Dip 2
Salmon Spread 2
Shrimp Dip 2
Shrimp Dip 3
Shrimp Dip 3
Fruit Dip 3
Spinach Dip In Pumpernickel Bread 4
Spinach Dip 4
Taco Dip 4
Tortilla Dip 5
Vegetable Dip 5
Vegetable Dip 5
Granny B's Best Vegetable Dip 6
Vegetable & Chip Dip 6
Pineapple Cheese Ball 6
Crunchy Appetizer Balls 7
Chicken Cheese Ring 7
Wine & Cheese Ball 7
Spinach Cheese Cocktail . . . 8
Cheese Triscuits 8
Cream Cheese-Stuffed Mushrooms 8
Sable's Stuffed Mushrooms . 9
Potato Skins 9
Pita Rolls 10
Wine Punch 10
Slush 10
Lemon Drink 11

SALADS & DRESSINGS, SOUPS & SAUCES

Verse 13
Caesar Salad 13
Caesar Salad 13
Caesar Salad Dressing 14
Caesar Salad Dressing 14
Jellied Cheese Salad 14
7-Up Party Salad 15
Italian Salad Dressing 15
Clam Chowder 15
Seafood Chowder 16
Quick French Onion Soup . . . 16
Hearty Hamburg Soup 17
Hamburger Soup 17
Fast Chili Sauce 17
Chili Sauce 18
Pesto Sauce For Pasta 18

VEGETABLES

Dirty Dishes 19
Swiss Bean Casserole 19
Easy Broccoli Casserole 19
Broccoli Casserole 20
Swiss Cheese Broccoli 20
Puffed Cauliflower Cheese . . . 20
Auntie Cub's Crabby Snow Peas 21
Make Ahead Potatoes 21
Potato Croquettes In Bacon . . 21
Hash Brown Potato Casserole 22
Potato Casserole 22
Garlic Potatoes 22
Paige's Potatoes Extraodinaire 23
Potato Croquettes 23

Auntie Jude's Special Turnip 24
Company's Coming Casserole 24
Zucchini Bake 25
Zucchini Relish 25

MAIN DISHES

Recipe For A Home 27
Beef Stew 27
Eye Of The Round 28
Chili 28
Meat-Za Pie 28
Stuffed Meat Loaf 29
Waikiki Meatballs 29
Savory Meatballs 29
Spicy Meatballs In Sauce . . . 30
Pepper Steak 30
Green Pepper Steak 31
Hungarian Pork 31
Honey Garlic Spareribs 32
Sweet And Sour Spareribs . . 32
Sweet & Sour Chili Ribs 32
Veal Rolls 33
Easy Chicken Bake 33
Chicken Breasts Piccata 34
Chicken Cordon Bleu 34
Everyday Chicken 35
Chicken Roll-Ups 35
Boneless Chicken Rolls 35
Chicken/Turkey In Mushroom Soup 36
Chicken Teriyaki 36
Cheese Delight In Every Bite Chicken 36
Chicken And Vegetable Saute 37
Grandi's Great Parmesan Wings 37
Len's Fancy Crab Casserole 38
Hamburger Corn Casserole . 38
Perogy Casserole 39
Hungarian Sauerkraut Casserole 39
Seven Layer Casserole 40
Fettucine Alfredo 40
Gnocchi 40
Linguini With Clam Sauce 41
Macaroni And Cheese 41
Pasta Carbonata 41
Perogies 42
Spaghetti Neapolitan 42
Spaghetti Primavera 43
Rice Casserole 43
Quick And Easy Rice 43
Sharon's Rice 44
Pickled Eggs 44
Oven Fried Rice 44
Easy Baked Beans 44

BREADS

Verse 45
Banana Bread 45
Banana Nut Bread 45
Banana Bread 45
Banana And/Or Zucchini Bread 46
Banana Bread 46
Coffee Cake 46
Cherry Coffee Cake 47
Cinnamon Coffee Cake 47
Pear Coffee Cake 48
Sour Cream Coffee Cake 48
Applesauce Muffins 49
Almond Lemon Muffins 49
Apple Cinnamon Muffins 49
Basic Muffin Batter 50
Blueberry Muffins 50
Bran Muffins 50
Coco Nutty Raisin Banana Muffins 51
Pannettone 51
Ryan's Sunday Favourite Pancakes 52
Pancakes 52
Fast Cinnamon Buns 53
Yorkshire Pudding 53
Yorkshire Pudding 53

Baba Jaciw's Pizza Dough . . 54
Quick Mixing Pizza Dough . . 54

DESSERTS

Recipe To Preserve Children 55
Apple Cake 55
Apple Cake 56
Banana Cake 56
Banana Split 56
Carrot Cake 57
Carrot Cake 57
Chocolate Chip Cake 58
Cherry Cheesecake 58
Cherry Cheesecake 58
Pina Colada Cheesecake . . . 59
Tiramisu 59
Microwave Creamy Cheesecake 60
Elizabeth Cake 60
Mexican Wedding Cake 61
Peanut Butter Cake 61
Plum Cake 61
Poppy Seed Cake 62
Sad Cake 62
Caramel Corn 62
Super Chocolate Fudge 63
Rocky Road Fudge 63
5 Minute Fudge 63
Quick And Easy Turtles 64
Peanut Butter Cups 64
Peanut Brittle 64
Sesame Nut Candy 65
Nona Baran's Pasterelle 65
Double Chocolate Cookies . 65
Chewy Chocolate Chip Cookies 66
Chocolate Chip Cookies . . . 66
Chocolate Chip Cookies . . . 66
Chocolate Chip Cookies . . . 67
Chocolate Coconut Macaroons 67
Date Crisp 67
Empire Cookies 68
Old Fashioned Spicy Hermits . 68
Mexican Wedding Cakes 68
Chewy Oatmeal Cookies 69
Best Ever Peanut Butter Cookies 69
Peanut Butter Cookies 69
Pecan Crescent Cookies 70
Shortbread 70
Cut Out Shortbread 70
Teatime Shortbread 71
Fluffy Shortbread 71
Scotch Cookies 71
Spritz Cookies 72
Sunflower Seed Cookies 72
Fruit Salad Dessert 72
Twenty-Four Hour Fruit Salad . 73
Quick Chocolate Mousse 73
Trifle 73
Caramel Ice Cream Pie 74
German Sweet Chocolate Pecan Pie 74
Pumpkin Gingersnap Pie 75
Banana Strawberry Cheesecake Pie 75
Strawberry Cream Pie 76
Easy Brownies 76
Dinah Shore Brownies 76
Peanut Butter Brownies 77
Butter Tarts 77
Butter Tart Squares 78
Coconut Jam Tarts 78
Cheese Tarts 78
Mini Cheesecakes 79
Cherry Chews 79
Chocolate Eclair Squares 80
Cream Puffs 80
Dream Bars 80
Delicious Health Bars 81
Hello Dolly 81
Jam Puffs 81
Magic Finger Jello 82
Lemon Fluff 82

Lemon Graham Squares . . . 82
Lemon Bars 83
Nanaimo Bars 83
Peanut Butter Cups 84
Pineapple-Cherry Squares . . 84
Sweet Marie Bars 84
Walnut Squares 85

STAFF

Verse 87
Crab Rolls 87
Rarebit In A Hole 87
Fresh Vegetable Dip 88
Seafood Mold 88
Taco Salad 88
Coleslaw Dressing 89
Diane's Salad Dressing 89
Cream Of Broccoli Soup 89
Pea Soup 90
Pasta E Fagioli 90
Boneless Chicken 91
Rice Casserole 91
Frank's Coffee Cake 92
French Crepes 92
Amaretto Cheesecake 93
Mummy's Melting Moments . . 93
Jerri Lea's Shortbread Cookies 93
Bavarian Apple Torte 94
Apple Streusel Pie 94
Centennial Squares 95
Lemon Square Dessert 95
Annabelle's Delight 96
Mocha Balls 96
Helpful Hints 97